



National Development Plan 10

Code of Points

Produced by:
Acrobatic Technical Committee

Acrobatic Gymnastics

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ACKNOWLEDGEMENTS

The Acrobatic Technical Committee (ATC) would like to thank everyone who has been involved in drafting this version of the National Development Plan (NDP) and Monzroe Merch Designs for the illustrations.

NDP QUESTIONS AND QUERIES

The Acrobatic Technical Committee is please to present the the National Develpoment Plan Code of Point and Tables of Difficulty, which will be implemented from 1st January 2022.

Any questions or queries regarding the NDP10 that require clarification must be submitted in writing to the ATC Chairman via the Regional Chair. All questions and queries will be dealt with at ATC meetings and responses will be formally published in the Acrobatic TC update which will be posted on the BG website up to 2 weeks following an ATC meeting.

As a general principle if a rule is not written in the NDP10 documentation or published in a TC update then in the competition environment the benefit of the doubt will to be given to the gymnasts.

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FOREWORD

The NDP is a highly regarded developmental framework designed to provide a steady pathway for acrobatic gymnastic progress independently of the Federation of International Gymnastics (FIG) performance levels however there is a cross over between the two pathways and Figure 1 below indicates how the NDP Grades equate and link to the FIG levels.

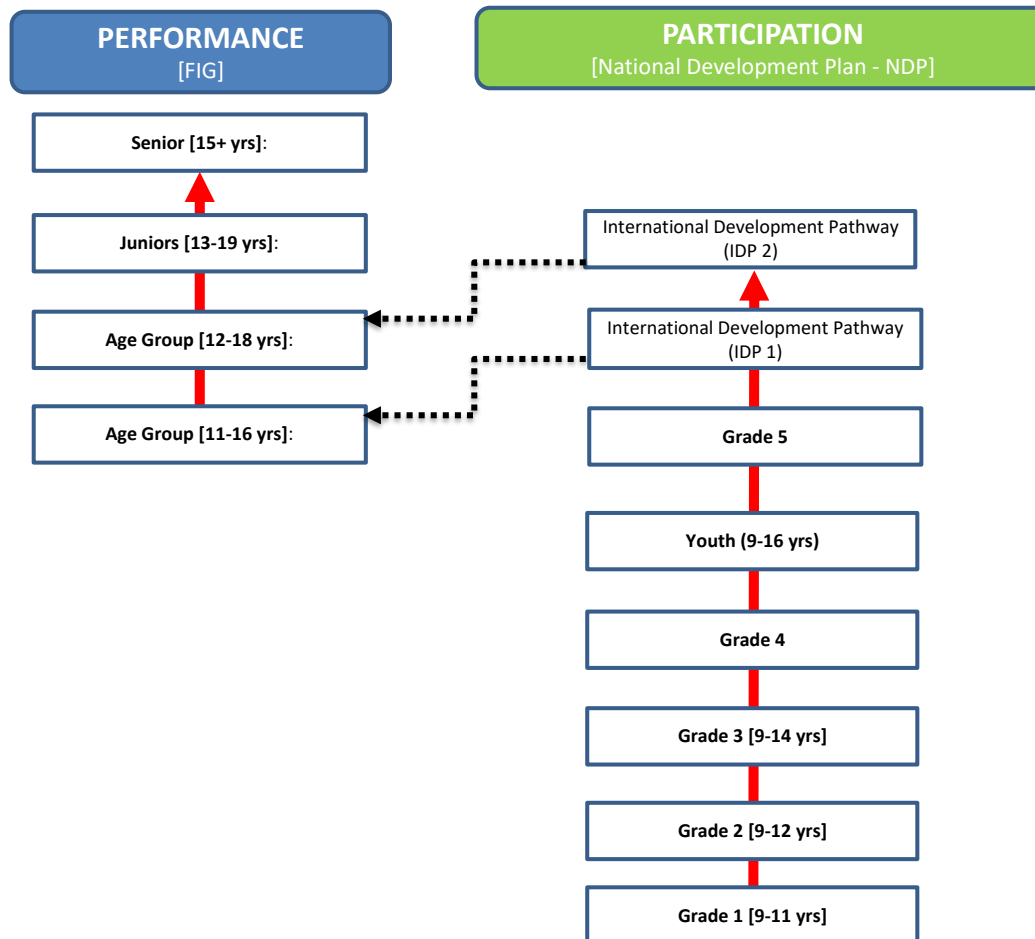


Figure 1: Pathway between NDP and FIG

The NDP seeks to find the competitive balance between allowing the opportunity to perform high difficulty elements, where ability allows, without compromising exercise execution and quality.

It should be stressed that the NDP is **not** a technical manual for coaches and as such progression through the NDP is at the discretion of the coach, but it must be in line with the development of the gymnasts. It is highly recommended that all partnerships start their learning from Row 1 in the Tables of Difficulty at their chosen level no matter of their physical development, previous experience, or final competition intention. Competition entry for NDP is however in accordance with BG entry to competition policy which is based on coaching qualifications.

Regions/Home Nations remain entitled to determine the criteria for entry in their own Regional events using the NDP framework however, competition regulations to determine qualification for NDP Finals will be published annually in the [National Competition Handbook](#).

The Acrobatic Technical Committee is pleased to present the NDP10 Code of Points and Tables of Difficulty for 2022 – 2024.

1 PURPOSE AND GOALS OF THE NDP

1.1.1 The aim of the NDP is to:

- Assist the growth and development of gymnasts through education and competition experience.
- Provide a sound developmental and educational framework that enables coaches and judges, collaboratively to assess progress, attainment and potential of gymnasts' performance.
- Familiarise gymnasts, coaches and judges with the requirements of National and International competition.
- Facilitate the creation of a standardised progressive competition structure across the Regions/Home Nations.

2 NDP EVENTS

2.1 PARTICIPATION

- 2.1.1 Gymnasts are permitted to compete in only one discipline and one partnership per competition.
- 2.1.2 Partnerships are not permitted to enter both the NDP Preliminaries and the British Championships in the same year.
- 2.1.3 If an average execution score across all routines performed at a National FIG event is greater than 25.00 then the same partnerships can't compete at NDP the following year at the same or lower level.
- 2.1.4 Partnerships may only move up the performance and participation pathways or across from the NDP Grades to the FIG levels. **Exception: IDP1 and IDP2 can move down to 11-16 and 12-18 respectively.**
- 2.1.5 Partnerships who have previously competed are not permitted to compete at a lower level within the same partnership, where the same partnership is defined, as all partners remain the same.
- 2.1.6 Partnerships can compete at the same NDP level in the same partnership in consecutive years.

2.2 MEDALS

- 2.2.1 In all categories at National Finals medals will be awarded irrespective of the number of partnerships competing.

2.3 MEMBERSHIP

- 2.3.1 Gymnasts must hold, as a minimum, current Silver BG membership at the time of entering any competition that uses the NDP ToD and CoP. Anyone discovered to have been without the correct level of membership for these competitions will be disqualified.

2.4 NATIONALITY

- 2.4.1 NDP Events are open to non-British Citizens providing that they are members of BG and are members of a BG registered club.

2.5 COMPETITION STRUCTURE

- 2.5.1 The competition structure for the NDP consists of a qualification competition held in each of the 13 Regions / Home Nations. This leads to a National Finals competition for the first partnership at each level in each of the Regions/Home Nations who meet all BG eligibility criteria.
- 2.5.2 If a qualifying partnership has to withdraw due to injury or illness, then the partnership must be replaced by the next highest scoring partnership in the Regional /Home Nation qualifier who meet all BG eligibility criteria. **NOTE: It is not possible to replace one of the partners within the original qualifying partnership.**

2.5.3 The NDP consists of 5 disciplines covering the following levels:

Level	Discipline						Exercises
Grade 1	MP	WP	MxP				Combined
Grade 2	MP	WP	MxP	WG	MG* (3 or 4)		Combined
Grade 3	MP	WP	MxP	WG	MG		Combined
Grade 4	MP	WP	MxP	WG	MG		Combined
Youth	MP	WP	MxP	WG	MG		Combined
Grade 5	MP	WP	MxP	WG	MG		Balance & Dynamic
IDP 1	MP	WP	MxP	WG	MG		Balance & Dynamic
IDP 2	MP	WP	MxP	WG	MG		Balance & Dynamic

*Grade 2 MG(3) and MG(4) will compete as one category.

NOTE: In mixed pairs the Base **must be** the male.

2.6 RANKING

2.6.1 The score is used in determining the rankings of competitors and the score is determined by adding together:

- The average mark for Execution, which is then multiplied by two. This has a maximum score of 20.0 (Execution or E score)
- The average mark for Artistry, which has a maximum score of 10.0 (Artistry or A score)

2.6.2 The **Difficulty Value in Grades 1-5 and Youth** is converted to a Difficulty or D score by **dividing the difficulty value by 10.**

2.6.3 The **Difficulty Value in IDP1 and IDP2** is converted to a Difficulty or D score by **dividing the difficulty value by 100.**

2.6.4 Penalties are taken from the Total Score by the Chair of the Judging Panel (CJP) and the Difficulty Judge (DJ) in accordance with the current FIG Code of Points.

$$E \text{ score} + A \text{ score} + D \text{ score} = \text{Total Score} - \text{Penalties} = \text{Final Score}$$

2.6.5 If four technical and four artistry judges are used, the average is determined by eliminating the highest score and the lowest score and taking the average of the middle two scores. If only three technical and three artistry judges are used, the average is determined by taking the average of all three scores.

2.6.6 For all competitions, the execution and artistry of performances are each evaluated from 0 – 10.0 to an accuracy of 0.001.

2.7 TIE BREAKS

2.7.1 Only one representative in each discipline from each level can proceed to National Finals therefore in qualifications tie break rules are:

- The highest E-score of the (Balance+Dynamic) or Combined routines
- The highest sum of the E and A scores of the (Balance+Dynamic) or Combined routines
- In the exceptional event that a tie still remains the onus is that of the region to select and nominate their representatives to attend national finals.

2.7.2 In finals in the case of a tie, for all events including the Team Competition, the ranking will be determined by the following criteria:

- The highest E-score of the (Balance+Dynamic) or Combined routines
- The highest sum of the E and A scores of the (Balance+Dynamic) or Combined routines
- In the exceptional event that a tie remains, the tie will not be broken.

2.8 TEAM EVENT

2.8.1 There will be a Team Event at the National Finals. At the time of entry into the National Finals the region must nominate 5 partnerships (at least 1 pair and 1 group) whose scores will count towards the Regional Team trophy.

2.8.2 The winning Team will be based on the sum of the 3 highest Total Scores (excluding difficulty) from the 5 nominated partnerships but must consist of at least 1 pair and 1 group. For levels that compete two routines, the scores used in the Team Event will be the average Total Scores (excluding difficulty) of the two exercises.

2.9 AGE RESTRICTIONS

2.9.1 The competitive age of a gymnast is defined as their age on December 31st of the current year. The minimum competitive age for entry to NDP Finals is 9 in the year of competition.

2.9.2 Regions/Home Nations may implement their own age policy for Regional events that do not proceed to National Finals, but for gymnasts to be eligible for National Finals they must be 9 in the year of competition in line with BG Health and Safety Policy.

2.9.3 In the interest of gymnastic development:

2.9.4 Grades 1-5 have a restriction of no more than 7 years age difference between the oldest and youngest partner.

2.9.5 Youth has a restriction of no more than 5 years age difference between the oldest and youngest partner.

2.9.6 IDP 1-2 there is a restriction of no more than 10 years age difference between the oldest and youngest partner.

2.9.7 In addition, the following age restrictions also apply:

- Grade 1 – Maximum age in year of competition 11 years.
- Grade 2 – Maximum age in year of competition 12 years.
- Grade 3 - Maximum age in year of competition 14 years.
- Youth - Maximum age in year of competition 16 years.

2.10 HEIGHT DEDUCTIONS

2.10.1 Gymnasts will be measured by a Medical Doctor or Physiotherapist in the presence of one club official and a designated representative(s) of the Acrobatic Gymnastic Technical Committee.

2.10.2 Any gymnast or club official that does not attend height measurement or who is not co-operative through the correct stance will be disqualified.

2.10.3 The difference between partners. In groups, relative to the tallest partner, the difference to the next tallest partner will be measured according to the rules above. The same applies to the next one.

NDP10 Level	Height Difference (cm)	Deduction
Grade 1-5 and IDP	29.00 – 29.99	0.0
	30.00 - 34.99	0.1
	35+	0.3
Youth	N/A	0.0

2.11 LENGTH OF EXERCISES

- 2.11.1** All exercises have a maximum duration of 2 minutes and there is no minimum duration.
Exception: IDP1 and IDP2 Balance routines can be 2 minutes 30 seconds.
- 2.11.2** Any music over the stipulated time will receive an overtime penalty, applied in 1 second increments.
- 2.11.3** The first note of the music, not the beep where used, is considered as the beginning of the exercise. Starting before the music results in a penalty.
- 2.11.4** The timing of the exercise continues until the last movement of the gymnasts and the end of an exercise must be a static position and not an element of difficulty. Finishing after the music results in a penalty.
- 2.11.5** Difficulty and Special Requirements are given to elements performed after the music has ended.

2.12 MUSICAL ACCOMPANIMENT

- 2.12.1** All exercises may be performed to music with words but must respect the FIG Code of Ethics.
- 2.12.2** All music must be uploaded via the BG online entry system any late submissions will incur a financial penalty.

2.13 COACH REQUIREMENTS FOR COMPETITIONS

- 2.13.1** All gymnasts must have an accredited coach present on the competition floor at all times.
- 2.13.2** To be eligible to coach at NDP competition, coaches must have:
- Silver, Gold, Joint Gold or Life Members of BG.
 - A current BG specific DBS (Disclosure and Barring Service) certificate, or Home Nation equivalent.
 - Current BG recognised Safeguarding & Protecting Children Awareness training.
 - A qualification to the level of the elements being performed by their gymnasts before being allowed to participate in a BG competition (Appendix A).

2.14 COMPETITION ATTIRE, ACCESSORIES AND AIDS

- 2.14.1** Partners must wear identical or complementary attire.
- 2.14.2** The choice of competition attire, accessories and aids must be gymnastic in character and design nor require adjustment during an exercise.
- 2.14.3** Women and girls may perform in leotards, one-piece unitards or leotards with skirts. Leotards may be with or without sleeves.
- 2.14.4** Men and boys may compete in leotards with gymnastic shorts or long gymnastic trousers. One-piece suits/unitards are allowed. When they wear trousers, footwear (gym shoes, socks) must be worn.
- 2.14.5** Very dark colour legs of trousers, unitards are allowed only if the whole length of colour on the legs is broken from the hip to the ankle by light coloured decoration or pattern. The breaking must be simple and not overdone. The length and type of the fabric covering the legs must be identical on both legs, only the decoration may be different.
- 2.14.6** For safety reasons, loose clothing, raised attachments and accessories are not allowed.
- 2.14.7** All attire must be modest including the use of proper undergarments. The cut of the leg of leotards must not go above the iliac crest (hipbone). The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.
- 2.14.8** Provocative, swimsuit, dance style leotards with narrow straps, character outfits and photographs in the design are forbidden.
- 2.14.9** Competitors may perform with or without footwear but if footwear is used it must be flesh coloured or white, clean and in good repair.
- 2.14.10** Jewellery, including earrings and studs, necklaces, rings, bracelets, anklets, nose and navel studs, is not allowed.
- 2.14.11** Character hair accessories (e.g. tiaras, feathers and flowers) and face painting are not allowed.
- 2.14.12** Taping and support bandages must be of neutral colour.

3 JUDGING

3.1 JUDGING DEDUCTIONS

- 3.1.1** The emphasis of the NDP competitions is on perfecting technical performance.
- 3.1.2** All exercises are judged for technical merit, in accordance with the current FIG Code of Points.
- 3.1.3** A tolerance of 0.5 for Prelims and 0.3 for Finals is employed at the NDP level. Where the appropriate tolerance is not achieved the CJP will consult with the SJ to bring the scores in tolerance.
- 3.1.4** The following provides a summary of the judge's deductions:
- 3.1.5** A penalty of 1.0 is applied:
- For physical assistance by the coach (CJP).
 - For each missing pair element, a Special Requirement penalty is applied (DJ).
 - For each missing individual element, a Special Requirement penalty is applied (DJ).
 - For performance of a forbidden element. This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet (DJ).
 - A fall (EJ).

NOTE: 1.0 is the maximum deduction for the performance of a single element.

- 3.1.6** A penalty of 0.5 is applied:
- When poor sportsmanship in the field of play is exhibited (CJP).
 - Music Infringements (CJP).
 - Each time a gymnast lands 2 feet outside the boundary (CJP).
 - When forbidden or immodest attire is worn (CJP).
 - Markings on the floor or presence of a coach (CJP).
 - Serious technical faults (EJ).
 - The Bases hand remains on the floor in a static hold following a motion (EJ).
- 3.1.7** A penalty of 0.3 is applied:
- Difference in heights of 35cm + (CJP).
 - Re-start of exercise without justification (CJP).
 - Starting before or ending before/after the music (CJP).
 - All attire infringements not stated elsewhere (CJP).
 - Indecent positions (CJP).
 - When elements are not performed in order on Tariff Sheet (DJ).
 - For each second missing of a 3 (") second static element (DJ).
 - For each second missing of a 2 (") second individual element (DJ).
 - Significant technical faults (EJ).
 - Stylistic variation used in elements at Grades 1-4 (EJ). This deduction is additional to a technical deduction.
- 3.1.8** A penalty of 0.1 is applied:
- Difference in heights of 30cm-34.99cm (CJP).
 - For each second over 2 minutes (CJP).
 - Each time a gymnast steps over the boundary line (CJP).
 - Each time the attire is adjusted or an accessory is lost (CJP).
 - Small technical faults (EJ).

3.1.9 In addition, the DJ can take the following penalties:

- Any Element started and not completed = no Difficulty and no Special Requirement credit given.
- Any static Pair/Group element held less than 1 second = 0.10 time faults + no Difficulty and no Special Requirement credit given.
- Any static Individual element held less than 1 second = 0.6 time faults + no Difficulty and no Special Requirement credit given.

3.1.10 All exercises are judged for Artistic merit, in accordance with the current FIG Code of Points (see Appendix E for artistry judging sheet).**3.1.11** The minimum Artistry score is 5.00 and the maximum Artistry score is 10.00.**3.1.12** Descriptions of the Artistry criteria:

- Partnership (Maximum 2.0) - Partnership selection that creates a logical relationship between individuals in pair or groups that is characterised by a visible connection.
- Expression (Maximum 2.0)- Making the audience understand your thoughts or feelings, character, attitude. Gymnasts convey a particular emotion.
- Performance (Maximum 2.0) – The act, process or art of performing by using amplitude, space, pathway, levels and synchronisation.
- Creativity (Maximum 2.0) - Display imagination, originality, inventiveness, inspiration, Variation in: composition, entries / exits, elements.
- Musicality (Maximum 2.0) - Gymnasts express the music throughout the performance:
 - Match movement to the rhythm, melody and mood of the music being played;
 - Synchronise with music beats;
 - Vary the magnitude or speed / tempo of movements with music;
 - Use expressive movements that are influenced by melody, variations in rhythm and mood or combinations of these.

3.2 JUDGE REQUIREMENTS FOR COMPETITIONS**3.2.1** To be eligible to judge at NDP competitions, judges must have:

- Bronze or Life Members of BG for Club/County/Regional Judges, and Gold, Joint Gold or Life Members of BG for National and Brevet Judges.
- A British Gymnastic Club Judge qualification on the current competition cycle, as a minimum, for Regional Competitions and a Regional Judge qualification on the current competition cycle, as a minimum, for National Events.

3.3 UNIFORM**3.3.1** Judges must wear the official uniform when officiating at a competition. For the current cycle Acrobatic Gymnastic judges will wear:

- Black jacket and black skirt (women) or full-length trousers (men and women).
- White shirt (men and women) or blouse (women). CJP will wear light blue.
- FIG or BG tie (men) or scarf (women).
- Black shoes
- Hair must be neat and not inhibit vision.

4 COMPOSITION OF EXERCISES

4.1 GENERAL RULES

- 4.1.1** Elements may not be performed with stylistic variation from the elements pictured in the NDP Tables of Difficulty for Grades 1-5 (See section 8). However, Youth and IDP may perform elements with stylistic variations.
- 4.1.2** Each element, chosen for Youth, Grade 5 (where applicable) and IDP must exist in the NDP Tables of Difficulty or the FIG Tables of Difficulty and have a minimum stated difficulty value of 1, which is used to determine the overall difficulty value of the exercise.
- 4.1.3** Elements can be linked between different rows as long as it doesn't result in a 6 ("") second hold in the same static position.
- 4.1.4** IDP1 is based on 12-18 rules, therefore anything not covered in this document needing clarification should be taken from the FIG CoP.
- 4.1.5** IDP2 is based on 13-19 rules, therefore anything not covered in this document needing clarification should be taken from the FIG CoP.
- 4.1.6** When a lever is stated in the element descriptions it may be performed in either a straddle or pike lever position. There is no need to identify the specific leg position on the tariff sheet.
- 4.1.7** A handstand may be performed with legs either apart or together. There is no need to identify the specific leg position on the tariff sheet. However, the +1 value for legs together in a handstand can only be claimed for difficulty in the IDP level.
- 4.1.8** Top planche may not be used to fulfil the Special Requirement of an unsupported handstand.
- 4.1.9** Motions to sit or splits are optional unless specifically stated otherwise in the in the NDP Tables of Difficulty. Any hand(s) used to assist the motion must be lifted from the floor for the static hold.
- 4.1.10** In sitting the Base's legs may be together or in straddle unless stated otherwise in the element descriptions.
- 4.1.11** The roles of the Middle and Base(s) are interchangeable.

4.2 FORBIDDEN ELEMENTS

- 4.2.1** Performance of a forbidden element will result in a 1.0 penalty.
- 4.2.2** It is forbidden at all levels for:
 - The roles of the Top and Base(s) to be interchanged.
 - Women Pairs and Women's Groups to work on the back of the neck (except where there are two points of support) or top of the head.
 - Men to perform catch in wrap.
 - A Women's Groups to perform a column of three high and a Men's Group to perform a column of four high.
 - Any stand on shoulders of the Base in splits without their hands on the floor.
 - Groups to stand on the Bases' hips or chest with the Base in bridge where there are only 2 points of support.
 - Any support at the hips or glutei with the Base in exaggerated curvature of the spine.
 - Saltos with rotations of 12/4 or greater to be performed.

- Un-supported dynamic landings unless specifically stated otherwise in the NDP Tables of Difficulty.

4.3 GRADE 1 - 5 SPECIAL REQUIREMENTS

- 4.3.1** Each missing Special Requirement results in a 1.0 penalty.
- 4.3.2** One pair/group element must be performed from each row in the Tables of Difficulty. Elements from the same row or repeated elements can't be used for Difficulty or Special Requirements.
Exception: Grade 5 Men's Group only requires 3 Balance elements but they must be selected from different rows.
- 4.3.3** All balance elements must be held for a minimum of 3 (") seconds unless otherwise stated in the NDP Tables of Difficulty.
- 4.3.4** In Grade 5 a **minimum of 1 unsupported handstand must be performed** by the Top and held for 3 (") seconds.
- 4.3.5** All partners must perform **3 individual elements characteristic of the routine** for Special Requirements. The individuals don't need to be the same but they **must all be from the same row/category** and performed simultaneously or in a "waterfall", they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements. **No salto is required.**
- 4.3.6** Individual elements with a static hold ('Stand') must be unsupported by partners to be considered for difficulty value. These elements must be held for 2 (") seconds.

4.4 YOUTH PAIRS SPECIAL REQUIREMENTS

- 4.4.1** Youth pairs routine must contain:
- **2 compulsory balance elements** with a 3 (") second hold and **2 compulsory dynamic elements** from different rows in the NDP Youth Pairs Tables of Difficulty plus;
 - **1 optional balance element** with a 3 (") second hold and **1 optional dynamic element**, which may be selected from the NDP Youth Tables of Difficulty as long as they are not from the same row as the compulsory elements or any element from the FIG Tables of Difficulty with a Min difficulty =1, Max difficulty = no limit although they receive no difficulty credit.
- 4.4.2** **No handstand is required.**
- 4.4.3** All partners must perform **3 individual elements** with at least **1 agility or 1 tumbling element**. The individuals don't need to be the same but they **must all be performed** simultaneously or in a "waterfall", they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements. **No salto is required.**

4.5 YOUTH GROUP SPECIAL REQUIREMENTS

- 4.5.1** Youth groups routine which must contain:
- **1 compulsory pyramid** from any row with a 3 (") second hold and **2 compulsory dynamic elements** from different rows in the NDP Tables of Difficulty plus;
 - **1 optional pyramid** from a different category with a 3 (") second hold and **1 optional dynamic element**, which may be selected from the NDP Youth Tables of Difficulty as long as they are not from the same row as the compulsory elements or any element from the FIG Tables of

Difficulty and it must have a Min difficulty =1, Max difficulty = no limit although they receive no difficulty credit.

4.5.2 No handstand is required.

- 4.5.3** All partners must perform **3 individual elements** with at least **1 agility or 1 tumbling element**. The individuals don't need to be the same but they **must all be performed simultaneously or in a "waterfall"**, they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements. **No salto is required.**

4.6 IDP SPECIAL REQUIREMENTS

4.6.1 All IDP Balance routine must demonstrate:

- A minimum of **1 unsupported handstand** must be performed by the Top and held for 3 (") seconds.
- All partners must perform **3 individual elements** for Special Requirements. The individuals can be from any category and they don't need to be the same, but they must be performed **simultaneously or in a "waterfall" or in a "waterfall"**, and they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements.

4.7 SPECIAL REQUIREMENTS PAIRS BALANCE

- 4.7.1** Pairs Balance exercises must contain a minimum of **5 elements** (maximum of 8 elements) **with a 3 (") second hold** from the FIG Tables of Difficulty.

RESTRICTIONS FOR IDP PAIRS BALANCE

- 4.7.1** The Top can receive difficulty value for the same position in the whole exercise **2 times for a static hold** and **2 times during a motion** of the Base
- 4.7.2** No more than **4 elements** can be performed in a series or **in immediate succession**.
- 4.7.3** The Base may **not repeat an identical motion**, regardless of the position of the Top.
- 4.7.4** The Base and the Top may **not change the point of support** during a motion.
- 4.7.5** The Top may change position **1 time** during the motion of the base.

4.8 SPECIAL REQUIREMENTS GROUPS BALANCE

- 4.8.1** Groups Balance exercises must contain a minimum of **2 different category pyramids**.
- 4.8.2** There must be a minimum of **3 x 3 (") second static holds**.

RESTRICTIONS FOR IDP GROUPS BALANCE

- 4.8.3** In a static pyramid or in a transitional pyramid a **maximum of 3 base positions is allowed**, and a **maximum of 4 static holds**. **Exception: Cat 1 can only do 1 base position transition and Cat 2 can have max. 3 static holds.**
- 4.8.4** The top can receive difficulty value for the same position in the whole exercise **2 times for a static hold** and **2 times for a transition**.
- 4.8.5** The **maximum number of separate pyramids is 4**. **Exception: Men's Groups are allowed to go to a position of no value 2 times.**

- 4.8.6** After Special Requirements are met all additional pyramids must be from a different category.
Exception: In Men's Groups two pyramids can be from the same category.
- 4.8.7** Only **one base position** from **one box** can be claimed in the **whole** exercise.
- 4.8.8** A pyramid with **more than one base position from the same box** is given the **highest** Base position difficulty only.
- 4.8.9** A **transitional pyramid** is considered as **1** pyramid.
- 4.8.10** In transitional pyramids, the **first base pyramid** performed determines the **category** of the pyramid.
- 4.8.11** Category 2 pyramids are pyramids with 2 tops working. In this special category, 1 of the tops may change position and receive full difficulty value for the motion and the new static hold, even if the position of the second top and base remains unchanged. However, if the second Top does not change position, they receive difficulty value for the static hold only one time. If the two Tops move at the same time it is considered as one motion
- 4.8.12** In a **transitional pyramid** the **base position must be changed** from one box to **another box**. Additional Difficulty value is given for a transition of the bases, when performed from a 3-second hold to a 3-second hold.
- 4.8.13** During a transitional pyramid the top:
- Can be in a static **position of value**.
 - Can be in a **position of no value**.
 - Can **motion (with or without value)** to the next static position.
- 4.8.14** In a transitional pyramid:
- When the Top does not change position during a transition of the bases, the start position is used to determine the difficulty value of the Top. There is no requirement for the Top to hold the same position during the motion and on the final pyramid. E.g. a Top may be in a straddle position during the transition and then press to handstand for the final hold.
 - When a Top changes position during a transition, the difficulty value of the transition is calculated as the value of the start position of the Top, plus the motion of the Top, plus the transition value, plus the final static hold and base position.
 - When a top is in a position of NO value during a transition, the difficulty value of the top is zero(0) BUT the transition value for the bases is given.
 - The Top is not allowed to use an additional point of support during a transition.

4.9 IDP DYNAMIC SPECIAL REQUIREMENTS

- 4.9.1** Dynamic exercise must contain a minimum **6 elements** (maximum of 8 elements) from the FIG Tables of Difficulty.
- 4.9.2** There must be **2 catches**.
- 4.9.3** All partners must perform **3 individual elements** for Special Requirements (**No salto is required**). The individuals can be from any category and they don't need to be the same, but

they must be performed **simultaneously or in a “waterfall”** and they cannot overlap. E.g. back-walkover cut to splits, then a hold in splits, counts as one element, not two separate elements.

RESTRICTIONS FOR IDP DYNAMIC

- 4.9.4** Not more than **3** dismounts.
- 4.9.5** Not more than **3** horizontal catch positions.
- 4.9.6** Not more than **3** links.
- 4.9.7** Not more than 3 identical start points. **Exception: No restriction on starts from platform in groups and 4 identical start points from “half arm” in pairs.**
- 4.9.8** Not more than **4** elements in a series or in immediate succession for difficulty can be performed.
- 4.9.9** Not more than **5** landings on floor (dismounts + dynamic elements).

RESTRICTIONS FOR IDP MEN'S GROUP ONLY:

- 4.9.10** A change of partners during flight phase is **not** considered to be an **identical element** as the same element without a change of partners.
- 4.9.11** Only **1** element with a throw by **3** Bases acting together may be credited with difficulty.
- 4.9.12** Only **1** element with a catch by **3** Bases acting together.
- 4.9.13** Only **1** horizontal catch (regardless of variant) may be evaluated for difficulty.
- 4.9.14** Only **1** element executed by the Men's Group working as **two pairs**, simultaneously or in a “waterfall” or in immediate succession
- 4.9.15** Only **1** element performed with **3** active partners (**2** Bases) and the other Base not participating in the element.

5 DIFFICULTY

- 5.1** The exercise difficulty is determined by added together the values of the element performed. Individual Elements are not used in calculating the difficulty value of the exercise, although they must be performed to meet Special Requirements at all Grades including IDP.
- 5.2** In Grade 1-4 the column in which it is to be found determines the value of the element.
- Elements in column 1 have a value of 1.
 - Elements in column 2 have a value of 2.
 - Elements in column 3 have a value of 3.
- 5.3 Exception: Grade 5 Groups, where:**
- Elements in column 1 have a value of 3.
 - Elements in column 2 have a value of 4.
 - Elements in column 3 have a value of 5.
- 5.4** The Difficulty Value of Grades 1-5 has a maximum value of 15.
- 5.5** The Difficulty Value of Youth is calculated from the value of the compulsory elements only and has a maximum value of 5 even if more difficulty is performed no credit will be received.
- 5.6** The difficulty value is converted to a difficulty or D Score in Grades 1-5 and Youth by dividing the difficulty value by 10.
- 5.7** The Difficulty Value of IDP1 and IDP2 is:
- IDP1 Balance routines have a capped difficulty of 60.
 - IDP1 Dynamic routines have a capped difficulty of 50.
 - IDP2 Balance routines have a capped difficulty of 90.
 - IDP2 Dynamic routines have a capped difficulty of 80.
- 5.8** IDP1 and IDP2 may perform up to 20 values more than the maximum difficulty value in 6.1.6. No difficulty credit is received for this additional difficulty and If they exceed this value a penalty of 1.0 will be applied.
- 5.9** The difficulty value is converted to a difficulty or D Score in IDP 1 and IDP2 by dividing the difficulty value by 100.

6 TARIFF SHEETS

- 6.1 A tariff sheet is an illustration of the pair, group and individual elements to be performed in the exercise and is required at all levels of NDP competition.
- 6.2 Only Pair and Group elements declared for difficulty should be shown on the Tariff Sheet.
- 6.3 If two elements are selected from the same row and shown on the Tariff Sheet, the first element performed from that row shall be used in the calculation of difficulty.
- 6.4 If a different element is performed to that declared on the Tariff Sheet, then no difficulty will be given for the element but the element will count for special requirements. This does not relate to elements performed with Stylistic Variations.
- 6.5 Elements must include the Row and Value as indicated in the NDP Tables of Difficulty. Where elements are selected from the FIG Tables of Difficulty the elements must include the Page, Reference Number and Value.
- 6.6 Elements that are purely used to meet Special Requirements (i.e. Individual elements) must be identified on the tariff sheet. Individuals in **Grade 1-4 need to have their Row indicated** and individuals in **Grade 5, Youth and IDP 1/2** which are taken from the FIG Tables of Difficulty **need to have their Row and Value indicated**.
- 6.7 All elements to be performed **must be** included on the tariff sheet **in the order of performance**.
- 6.8 The intended **timing of all static holds**, including individuals **must be declared** on the tariff sheet.
- 6.9 In instances when the illustration and the reference are not consistent on the tariff sheet the illustration will be taken as the correct declaration of the element.
- 6.10 Where an element performed is not the declared pictorial form, providing the new element is from the same row it will receive no value although will count towards Special Requirements.
- 6.11 It is the responsibility of the coach to prepare and ensure that the tariff sheets are correct.
- 6.12 Tariff sheets must be submitted in electronic format excel, pdf, etc. to the nominated Difficulty Judge and to the National Judging Convener by the published deadline. Hand drawn tariff sheets will not be accepted.
- 6.13 Changes to tariff sheets may be requested up to 30 minutes before the start of the competition but will only be accepted with the support of a medical professional.
- 6.14 Sample electronic tariff sheets have been included in Appendix D.

Appendix A – Mapping Coaching Qualifications to NDP10

National Development Plan 9								
Level	Grade 1 & 2	Grade 3 & 4	Youth & Grade 5	IDP 1 & IDP2	WAG 11-16	WAG 12-18	FIG 13-19	FIG Senior
Level 1	✓✓✓✓							
Level 2	✓✓✓	✓✓✓						
Level 3 (CC)	✓✓✓✓	✓✓✓✓	✓✓✓✓	✓ (Need Bridging Module) ✓✓ Sign off Technical Modules - compulsory skills) ✓	✓ (Sign off Technical Modules - compulsory skills) ✓			
Level 4 (SCC)	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	
Level 5 (HPC)	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓	✓✓✓

Cycle 5 coaching qualification
Cycle 6 coaching qualification
UKCC coaching qualification
Cycle 7 coaching qualification

PLEASE NOTE: This matrix is a guide, coaches must only coach skills that are covered within their qualification.

The Bridging Module is only required for coaches whose highest level qualification is Cycle 5 Club Coach and who have gymnasts competing at IDP 1 and IDP2.

Appendix B – Special Requirements Summary

Level	Pair/Group Element	Restriction	Individual	Difficulty
Grade 1 - 4	5 elements One from each row	N/A	3 individuals One from each row	MIN DV = 5 MAX DV = 15 D Score = 0.5 – 1.5
Youth Pairs	2 x 3" compulsory balances 2 compulsory dynamic elements All from different rows 1 x 3" optional balance 1 optional dynamic element	Optional elements may be from the Youth Tables of Difficulty but must be from a different row to the compulsory elements. Optional elements Min difficulty =1, Max difficulty = no limit	Any 3 individuals 1 must be an agility or tumbling	MIN DV = 0 MAX DV = 5 D Score = 0.0 – 0.5 No difficulty for Individuals or Optional elements
Youth Groups	1 x 3" compulsory pyramid 2 compulsory dynamic elements All from different rows 1 x 3" optional pyramid 1 optional dynamic element	Optional elements may be from the Youth Tables of Difficulty but must be from a different row to the compulsory elements. Optional elements difficulty Min =1, Max = no limit	Any 3 individuals 1 must be an agility or tumbling	MIN DV = 0 MAX DV = 5 D Score = 0.0 – 0.5 No difficulty for Individuals or Optional elements
Grade 5 Pairs Balance	5 x 3" balances One from each row 1 unsupported handstand	Linked elements can't result in a 6" hold in the same static hold. Bases can't repeat identical motions Tops can repeat the same position 2 times in a static hold and 2 times in a motion At the end of a Base motion hands must be lifted from the floor	Any 3 individuals	MIN DV = 5 MAX DV = 15 D Score = 0.5 – 1.5 No difficulty for Individuals
Grade 5 Groups Balance	3 x 3" static holds One from each row 1 unsupported handstand	All pyramids must be a separate construction Tops can repeat the same position 2 times in a static hold and 2 times in a transition	Any 3 individuals	MIN DV = 10 MAX DV = 15 D Score = 0.10 – 1.5 No difficulty for Individuals
Grade 5 Dynamic	5 elements One from each row	Max 3 dismounts Max 3 horizontal catches. Exception MG: Max 2 horizontal catches	3 tumbling individuals No salto required	MIN DV = 5 MAX DV = 15 D Score = 0.5 – 1.5 No difficulty for Individuals.
IDP 1/2 Pairs Balance	Min 5 x 3" balances Max 8 x 3" balances 1 unsupported handstand	Bases may not repeat identical motion Tops can repeat the same position 2 times in a static hold and 2 times in a motion At the end of a Base motion hands must be lifted from the floor	Any 3 individuals	MIN DV = 0 MAX DV = 60 D Score = 0.0 – 0.6 No difficulty for Individuals.
IDP 1/2 Groups Balance	Minimum of 2 different category pyramids Minimum of 3 x 3" static holds 1 unsupported handstand	Additional pyramids must be from a different category. Exception MG: Two pyramids can be from the same category. Max 4 separate pyramids Each pyramid must be a separate construction from the floor. Exception MG: Can go to a position of no value 2 times. Max 3 Base positions in a pyramid Tops can repeat the same position 2 times in a static hold and 2 times in a transition Transitional pyramids must go from a 3" to a 3" hold and change box Tops can't use an additional point of support during a transition Tops don't need to hold the same position during the transition and on the final pyramid	Any 3 individuals	MIN DV = 0 MAX DV = 60/100 D Score = 0.0 – 0.6/1.0 No difficulty for Individuals.
IDP 1/2 Dynamic	Min 6 dynamic elements Max 8 dynamic elements 2 catches.	Max 3 dismounts Max 3 horizontal catches. Exception MG: Max 1 horizontal catches Max 3 links Max 3 identical start points Max 3 identical catch positions Max 5 landings on floor Max 4 elements in a series Additional for MG: Max 1 element with 3 active partners Max 1 element with two pairs Max 1 element with 3 acting together Max 1 catch with 3 acting together	Any 3 individuals No salto required	MIN DV = 0 MAX DV = 50/90 D Score = 0.0 – 0.5/0.9 No difficulty for Individuals.

Appendix C - Clarification on Shapes and Positions

One of the purposes of the National Development Plan is to show the development route for the gymnasts and partnerships, shapes and positions have a substantial role in this. It is not always clear when and if shapes and positions are deductible, therefore the following descriptions aim to clarify some of the key acrobatic shapes and positions that should be seen.

The figures in the NDP Tables of Difficulty are for illustration purposes and do not always show the correct technical shapes and positions. For example, many shapes and positions are shown with a slightly arched back, this is to highlight which way the gymnast is facing, rather than to demonstrate the correct shape or position. Gymnasts had previously used stylistic variations in the acrobatic skills, which are no longer allowed, and the following describes how the gymnastic elements should be executed. For example, arm positions should be fully extended at or above shoulder height and legs should be fully extended and feet together unless the skill requires a different position as shown in the Tables of Difficulty.

Description for common shapes and positions

- Top stance – The whole body should be fully extended, flat stomach, shoulders down and body vertical, unless in a counterbalance or supported balance. In general, the arm position is optional, if the rest of body position is not broken.
- Base stance – Same as the Top.
- Short arm holds - All short arm holds should be performed with the Base's hands free of the shoulders.
- Long arm holds - When supporting on long arm(s) shoulder(s) should also be fully extended.
- Stand on thighs - When supporting the partner, the upper body should be flat and vertical. There should be no leaning of the Base's upper body towards the partner irrespective of whether the Base is holding the partner by the hands or not. In a counterbalance the body should be flat and leaning backward. The lean should be proportional to the amount of counterbalance.
- Handstand – The shoulders and hips should be fully extended with the upper body flat and vertical. Legs should either be in straddle or together but should be straight from the hips to the ankles.
- Half lever – The upper body should be flat and vertical with the leg raised straight and horizontal or just above.
- Straddle lever – The upper body should be flat with the hips near the arms but without touching them and the legs raised straight and horizontal or slightly above.
- Russian lever – The legs should be at least vertical together and the upper body flat with a slight slant backwards.
- Mexican: There are two versions
 - Version 1 – A smooth curve involving the shoulders, spine and hips. The legs should be straight from hips to ankles and horizontal.
 - Version 2 – The shoulder is not involved in the curve but should be above the hands. The legs should be straight from hips to ankles and horizontal.
- Flag – The arch in hips and spine is strictly sideways. The legs should be horizontal or slightly below. If the legs are split both feet are to be levelled at or slightly below the hip level.

- Goofus/Yogi – Whether on two arms or one arm, the arms must be vertical and hips flexed to ensure that the legs are horizontal and the shoulders must be hyperextended with the head pushed forwards.
- One arm handstand – The supporting arm should be vertical with the whole body tilted off the vertical around the supporting shoulder without changing its geometrical shape. The legs can be together or apart but it is recommended when the legs are apart that the right leg and left arm are horizontal and the left leg approximately 30 degrees off the vertical (if supported on right arm).
- Planche – The body should aim to be horizontal and fully extended from the shoulders to the feet. A slight hyperextension of hips is accepted. If the position is 45 degrees or more above the horizontal the element is not recognised a planche.
- Crocodile – The body should be arched with the head and feet at the same level and clearly above the hips.
- Back angel - The whole body should be in a continuous controlled arch position from the feet to the head. It is preferable for the shoulders and arms to also be included in the curve so that the curve ends at the hands.
- Front angel – This is like back angel. The shoulders and the feet should be at the same height and a clear curve must be shown, the higher the better. The arms should be out to the side or backwards.
- Straight salto shape – In a straight salto the hips and knees should be extended to 180* degrees with the upper body flat. A dished shape means that the shoulders are too rounded and head is to the chest, which leads to the jump being “cut-off”, decreasing the rotation momentum and over time resulting in problems with the salto. An arched shape (slight hyperextension of the hips) at “take-off” is good providing the upper body remains flat.
- Platform or cradle – The upper body should be flat and upright. During the throw and catch, there should be no lean of the Base’s torsos into each other.
- Hurdle step – This is a common approach used for elements such as handspring and round off. The shoulders must be fully extended and remain like this until the hands touch the floor.

Appendix D - Guidelines for Completing NDP10 Tariff Sheets

	1	
	3"	
Value	A	B C D
SH	Box 1	
Top	Box 2	
Base	Box 3	

The timing of all static holds must be indicated alongside the pictorial representation of the element.

I1	
Top x1	
Base x1	
A	B C D
Box 1	

The number of partners performing the individual must be indicated alongside the pictorial representation of the element.

Grades 1 – 4 and Pairs Grades 5 & IDP

- **Box 1:** Row identification of the Static element from the NDP Tables of Difficulty
- Difficulty Value (1,2 or 3) to be placed in box **Value A.**
- **Box 2:** Row identification of the Dynamic element from the NDP Tables of Difficulty
- Difficulty Value (1,2 or 3) to be placed in box **Value B.**
- **Box 3:** not used for Grade 1-4.

Grade 5 and IDP Women's and Men's Group Balance

- **Box 1:** Row identification or identification number of the Static Element or Top Static Hold from the NDP Tables of Difficulty or FIG Tables of Difficulty respectively. Difficulty value to be placed in box **Value A.**
- **Box 2:** Row identification or identification number of the Top Mounts and Motions from the FIG Tables of Difficulty. Difficulty value to be placed in box **Value B.**
- **Box 3:** Row identification or identification number of the Base Motions and Positions from the FIG Tables of Difficulty. Difficulty value to be placed in box **Value C.**

Grade 5 and IDP Women's and Men's Group Dynamic

- **Box 1:** not used.
- **Box 2:** Row identification or identification number of the Dynamic Element from the NDP Tables of Difficulty or FIG Tables of difficulty respectively. Difficulty value to be placed in box **Value B.**
- **Box 3:** not used.

Individual Elements

- **Box 1:** Row identification of the Individual element from the NDP Tables of Difficulty (Flex, Stand, Agility or Tumble) or ID number of individual element from FIG Tables of Difficulty.
- Difficulty Value to be placed in box:
 - **Value A and B** for each individual in the Pair.
 - **Value A, B and C** for each individual in the Women's Group.
 - **Value A, B, C and D** for each individual in the Men's Groups.

Example: Grade 3 Combined Tariff Sheet

Names of Gymnasts + Contact Person (Telephone Number)									
1	2	3	4	5	6	7	8	9	
Value	1		2		3		3		2
SH	A1		E2		B3		D3		C2 ii
Top									
Base									
10	11	12	13	14	15	16	17	18	
Value									
SH									
Top									
Base									
11	12	13	14	15	16	17	18		
Value									
SH									
Top									
Base									
Size:									
TF:									
SR:									

CLUB/REGION	
London	

LEVEL				
1	2	3	4	5
		X		

CATEGORY				
W2	M2	MX2	WG	M4
X				

EXERCISE		
BAL	DYN	COM
		X

DIFFICULTY	
D-SCORE	1.1
DV	11

VALUE	
BALANCE	6
DYNAMIC	5
INDIVIDUAL	NV

Example: Youth Tariff Sheet

Names of Gymnasts + Contact Person (Telephone Number)									
1	2	3	4	5	6	7	8	9	
Value	1	1	3		0		1	1	1
SH	P44.5R1	H1	C3		G0		P25.10		D1
Top									
Base							P25.2		
10	11	12	13	14	15	16	17	18	
Value									
SH									
Top									
Base									
11	12	13	14	15	16	17	18		
Value									
SH									
Top									
Base									
Size:									
TF:									
SR:									

CLUB/REGION	
London	

LEVEL				
1	2	3	4	5
			X	

CATEGORY				
W2	M2	MX2	WG	M4
		X		

EXERCISE		
BAL	DYN	COM
		X

DIFFICULTY	
D-SCORE	0.5
DV	5

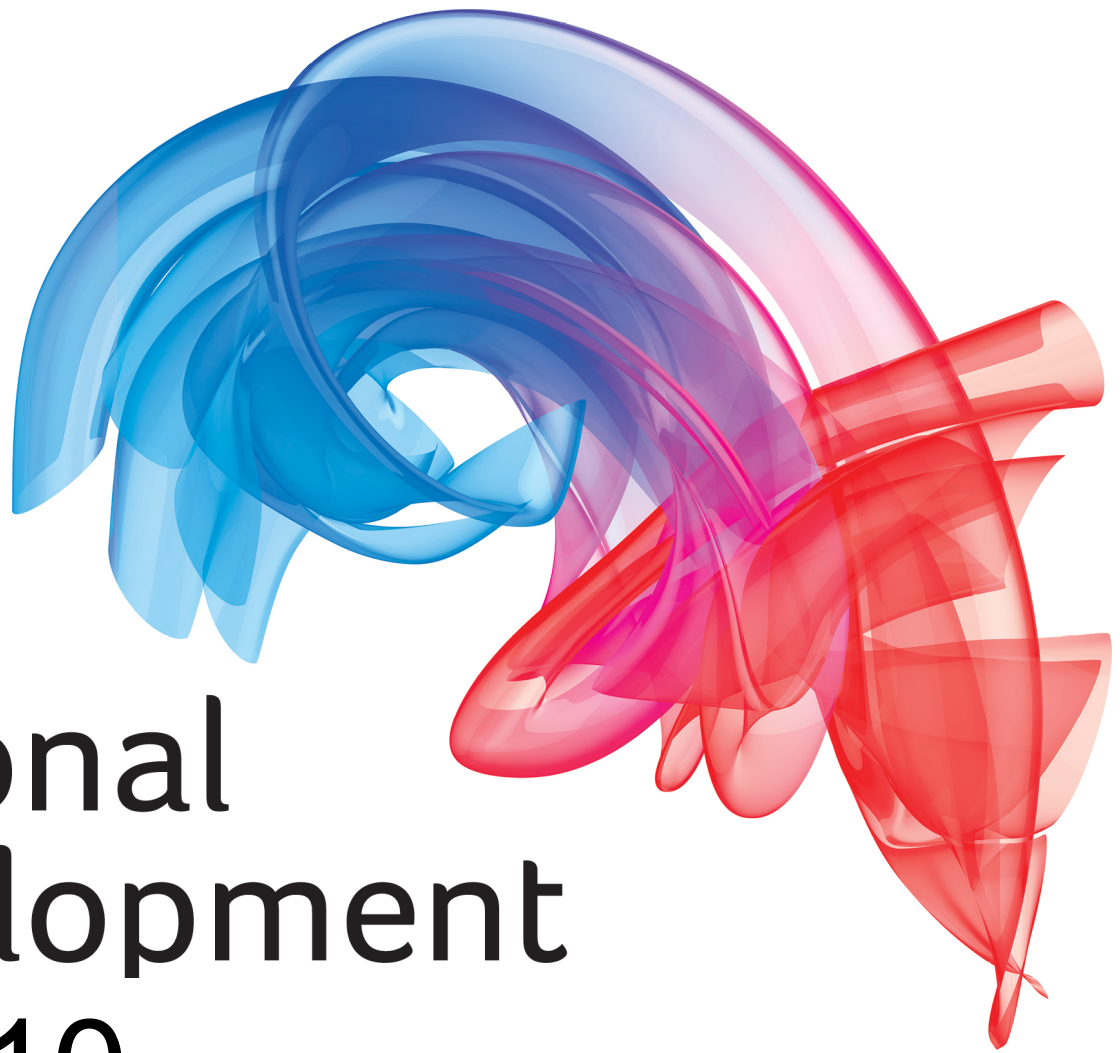
VALUE	
BALANCE	4
DYNAMIC	1
INDIVIDUAL	NV

Appendix E – Artistry Judging Sheet

Balance / Dynamic / Combined	NDP/ 11-16 / 12-18 / 13-19 / Senior						WP / MP / MxP / WG / MG						Score
	←-----→												
	Poor		Satisfactory		Good		Very Good		Excellent		Perfect		
	5.0	5.5	6.0	6.5	7.0	7.5	8.0	8.5	9.0	9.5	10.0		
Partnership													
Partner relationship	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
Audience impact													
Expression													
Gymnast portray a particular emotion	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
Audience understands character/ feeling/attitude													
Performance													
Variety of Space, pathways and levels	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
Synchronisation and Amplitude of performance													
Creativity													
Variation in composition/ Entries and Exits	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
Originality													
Musicality													
Synchronisation with Music	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0		
Movements match the music													

Reference Range of Artistic Score:

Perfect routines	- Score between 10.6 to 10
Excellent routines	- Score between 10.0 to 10.5
Very Good routines	- Score between 8.0 to 8.10
Good routines	- Score between 7.0 to 7.10
Satisfactory routines	- Score between 6.0 to 6.10
Poor routines	- Score between 5.0 to 5.10



National Development Plan 10

Tables of Difficulty





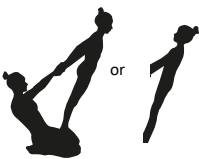










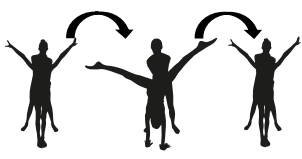



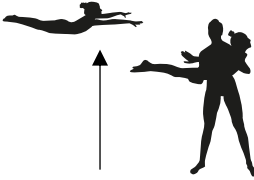
Produced by:
Acrobatic Technical Committee

Acrobatic Gymnastics

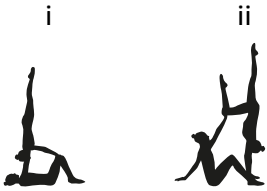
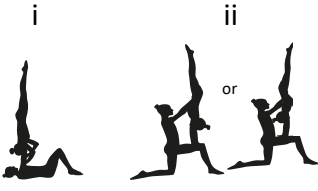
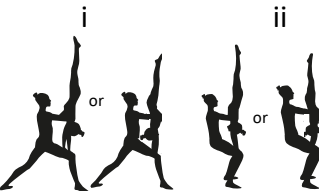

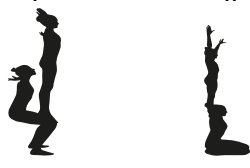


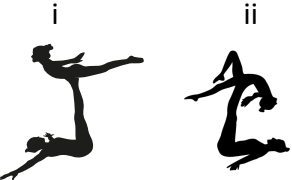


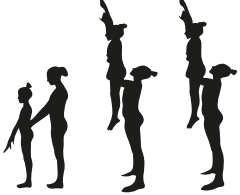
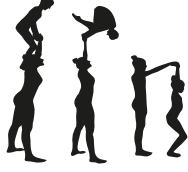
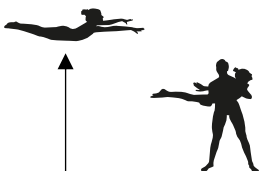
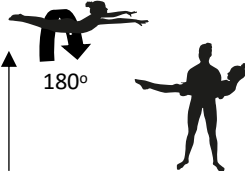
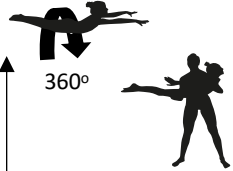
Grade 1 - Pairs			
	1	2	3
A	(i) Top supported at the waist in a balanced handstand with bent legs. (ii) Top supported at the waist in a balanced handstand with straight legs.	Top in a balanced handstand with the Base providing minimal support on legs.	Top in a balanced handstand with the Base providing minimal support at waist.
B	(i) The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards. (ii) Top in an off-balance position supported on the middle/lower back by the Base's feet.	Top stands supported at waist on Base's thighs. The Top may face inwards or outwards.	Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards.
C	(i) Top in front support supported by the Base at the ankle. Base should have straight arms. (ii) Top in front support with feet/ ankles on the knees of the Base.	Top in front support with hands on Base's legs. Base supports the Top's legs. Base should have straight arms.	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base should have straight arms.
D	Base and Top should be back to back at the start, each completes a full circle roll finishing where they started.	Base in an arch hold, arm position optional. Top reaches both hands over the waist of the Base and forward rolls to stand.	Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side. Cartwheel can finish either sideways or with a ¼ turn.
E	Top performs a straight jump supported on the forearms by the Base. The Base may release and re-catch but is not required to do so.	Top forward rolls to a straight jump supported on the forearms by the Base. The Base may release and re-catch but is not required to do so.	Top backward rolls to a straight jump supported at the waist by the Base. The Base may release and re-catch but is not required to do so.
Flex	(i) Back straight, legs wide, toes pointed, arms free.	(ii) Legs wide and straight with back of knees pressed to the floor, toes pointed, back and head in a straight line.	(iii) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.
Stand	(i) Shoulders over hands, straight line from head to toe. Toes tucked under.	(ii) Fingers facing either away from or towards toes, hips lifted to give a straight body position from head to toe. Toes pointed.	(iii) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.
Agility/ Tumble	(i) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle sit is upright with a straight back. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(iii) Forward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. (iv) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The jump should be straight and to 2 feet.	(v) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (vi) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.

Grade 1 - Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Straddle sit	ii Japana	iii Pike fold
Stand	i Front support 2"	ii Back support 2"	iii Straddle sit with leg lift 2"
Agility/ Tumble	i Forward roll to straddle sit ii Forward roll straight jump	iii Forward roll to stand iv Backward roll straight jump	v Backward roll to straddle stand vi Forward roll 180 jump

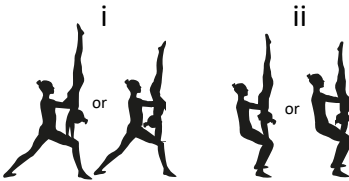

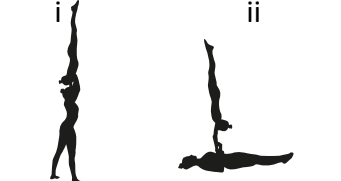

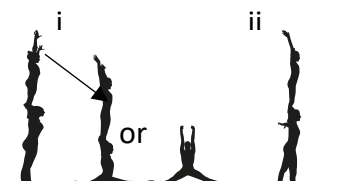
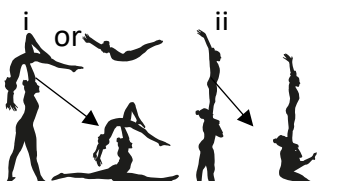
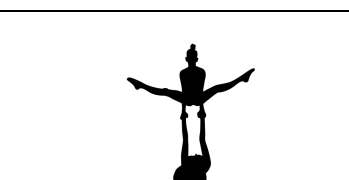
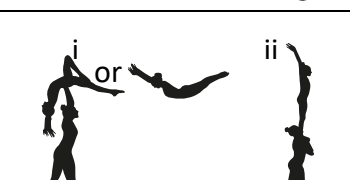

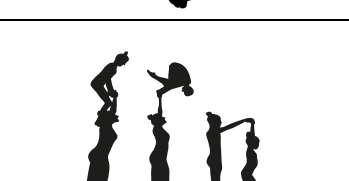

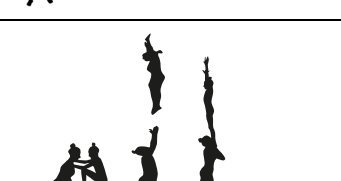

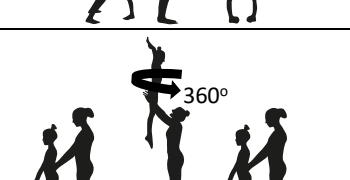
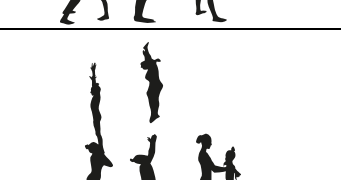
Grade 2 - Pairs			
	1	2	3
A	Top in a balanced handstand with the Base providing minimal support at waist.	Base supports the heel of the Top's straight leg in the stag handstand. The line of the Top's leg and Base's arm should be parallel to the floor.	(i) Top in a supported shoulder handstand on the Base's hands. Top provides holds onto the Base's legs. Base may have their feet on or off the floor in order that the Top can achieve a vertical position. (ii) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.
B	Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards.	(i) Top in counterbalance on Base's thighs. Base may support the Top with one or two hands. The grip in the counterbalance can be hands or wrists but the Base and Top should have straight arms. The Top may face inwards or outwards. (ii) Top stands on one foot on the thigh of the Base. The grip can be hands or wrists, but the Base and Top should have straight arms.	Top stands on the Base's thighs supported by the Base at the waist. The Top should not make contact with the Bases body.
C	Top in front support with hands on Base's knees. Base may support one or both legs of the Top with one or both hands. Base should have straight arms.	(i) Top in a supported front angel on Base's feet. Base supports Top by the hands, grip is optional. (ii) Top in a supported back angel on Base's feet. Base supports Top by the arms/wrists, grip is optional. Legs of the Top in back angel can be either both together and straight or with one bent.	Base lying down with Top in front angel on long arm support.
D	Base in dish hold, arm position optional. Top cartwheels over the waist of the Base, with one hand on either side. Cartwheel can finish either sideways or with a $\frac{1}{4}$ turn.	Base supports the Top's waist throughout the cartwheel.	Base supports the Top at the waist for a straight jump. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.
E	Top backward rolls to a straight jump supported at the waist by the Base. The Base may release and re-catch but is not required to do so.	Top leapfrogs over the Base. Base may face either direction.	Top jumps from two feet into the Base's arms. Jump can be from a run up or standing.
Flex	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.
Stand	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	(ii) Shoulder stand should achieve a straight body line.	(iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.
Agility/ Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a $\frac{1}{4}$ turn.	(vi) Backward roll should be made from and to 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a $\frac{1}{4}$ turn.

Grade 2 - Pairs			
	1	2	3
A			i  ii 
B	 or 	i  or  ii 	
C		i  ii 	
D			
E			
Flex	i Pike fold ii Bridge iii Any splits		
Stand	i Straddle sit with leg lift 2" ii Shoulder stand 2" - iii One-foot stand 2"		
Agility/ Tumble	i Backward roll to straddle stand ii Forward roll 180 jumps iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel vi Backward roll with straight leg to stand vii Forward roll straddle through to lie on front viii Forward roll jump to 1 leg cartwheel.		

Grade 3 - Pairs			
	1	2	3
A	(i) Top in a supported shoulder handstand on the Base's hands. Top provides holds onto the Base's legs. Base may have their feet on or off the floor in order that the Top can achieve a vertical position. (ii) Top in a supported handstand with hands on the ankles of the Base. Base supports the Top's bent knee with one or two hands.	(i) Top in shoulder handstand on the Bases' hands. Top holds the arms of the Base for additional support. (ii) Top supported at the waist in a 2-on-1 balanced handstand on the thigh of the Base in kneeling. The Top may face inwards or outwards.	(i) Top supported at the waist in a 2-on-1 balanced handstand on the thigh of the Base in lunge. The Top may face inwards or outwards. (ii) Top supported at the waist in a balanced handstand on the thighs of the Base.-The Top may face inwards or outwards.
B	Top stands on the Base's thighs supported by the Base at the waist. The Top should not make contact with the Bases body.	(i) Top stands freely on Base's thighs. The Top should not make contact with the Base's body. (ii) Top in a supported stand on the Base's shoulders. Base kneeling.	(i) Top stands on bent arm support of Base. Base lying down. (ii) Top in a supported stand on the Base's shoulders. Base standing.
C	Base lying down with Top in front angel on long arm support.	(i) Top in an unsupported front angel on Base's feet. (ii) Top in an unsupported back angel on the Base's feet. Legs of the Top in back angel can be either both together and straight or with one bent.	Top in 2 arm lever on long arm support of the Base. Base lying down.
D	Base supports the Top at the waist for a straight jump. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.	Base supports the Top at the waist for two jumps performed in immediate succession. The shape of the Top is optional. The hips of the Top should reach the Base's shoulder height as a minimum. The Base may release and re-catch the Top but is not required to do so.	Supported at hands for a tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing. The Tops arm position on landing is optional.
E	Top jumps from two feet into the Base's arms. Jump can be from a run up or standing.	Top in a 180° jump from two feet into the Base's arms. Jump can be from a run up or standing.	Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing.
Flex	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.	(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.	(iii) (iv) & (v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.
Stand	(i) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (iii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.	(ii) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in close to but not touching the body. (iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.	(iv) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.
Agility/ Tumble	(i) Backward roll should be made from and to 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (iii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.	(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll. (v) The 1 arm cartwheel may use either the first or second hand to lead. Cartwheel can finish either sideways or with a ¼ turn. (vi) & (vii) The tumble should be smooth and continuous without additional steps.	(viii) Handstand must hold for a moment following the roll. (ix) Flic may come from an element or standing. (x) Dive roll must show good flight and roll smoothly to finish. (xi), (xii) & (xiii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.

Grade 3 - Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Any splits	ii Standing drop back to bridge	iii Backward walkover iv Forward walkover v Valdez vi Healy turn
Stand	i One-foot stand 2"	ii Bent leg handstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever 2" vi Straddle lever 2"
Agility/ Tumble	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi cartwheel, chasse step, round off, straight jump vii round off, stretch jump, backward roll	viii Backward roll to handstand ix Flic walkout x Dive roll xi Round off, jump ½ turn, cartwheel xii Round off, jump ½ turn round off

Grade 4 - Pairs			
	1	2	3
A	(i) Top supported at the waist in a 2-on-1 balanced handstand on the thigh of the Base in lunge. The Top may face inwards or outwards. (ii) Top supported at the waist in a balanced handstand on the thighs of the Base.-The Top may face inwards or outwards.	(i) Top supported at the waist in a 1 arm balanced handstand on the thigh of the Base. Base in lunge. The Top may face inwards or outwards. (ii) Top supported with 1 arm at the waist in a 2-on-1 balanced handstand on the thigh of the Base. Base in lunge. The Top may face inwards or outwards.	(i) Top in handstand on the shoulders of the Base, who supports the arms of the Top. (ii) Top in handstand on bent arm support of Base. Base lying down.
B	(i) Top stands on bent arm support of Base. Base lying down. (ii) Top in a supported stand on the Base's shoulders. Base standing.	(i) Top in a supported stand on shoulders of the Base. Base motions to splits or straddle sit. (ii) Top stands freely on shoulders of the Base. Base standing.	(i) Top in front or back angel on Base standing. Base motions to splits. Legs of the Top in back angel can be either both together and straight or with one bent. (ii) Top standing in bent arm support of the Base and the Base motions to straddle sit.
C	Top in 2 arm lever on long arm support of the Base. Base lying down.	(i) Top in front or back angel on long arm support of the Base. Top is supported only by the Bases hands. Legs of the Top in back angel can be either both together and straight or with one bent. (ii) Top stands in bent arm support of the Base. Base standing.	(i) Top in 2 arm lever on long arm support of the Base OR Top in lever with one hand on the head of the Base and the other in hand support. (ii) Top stands in hands of Base on long arm support. Base lying down.
D	Supported at hands for a tuck/pike front salto dismount from standing on shoulders. There should be a clear upward jump from the Top before landing. The Tops arm position on landing is optional.	Base pitches Top for a straight jump. The feet of the Top should reach the shoulder height of the Base.	Base pitches the Top for a straight jump to catch in hands. The feet of the Top should go above the Base's shoulder height before the catch.
E	Top in a 360° jump from two feet into the Base's arms. Jump can be from a run up or standing.	Base supports the Top at the waist for a 360° jump.	Top performs a straight jump dismount forwards or backwards from standing in the Bases hands.
Flex	(i) (ii) & (iii) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.	(v) Change of the legs should be with both legs moving and should occur at the height of the element. (vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.	(viii) & (ix) The foot must go through the arms rather than sliding to splits. (x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (xi) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
Stand	(iv) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.	(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase. (v) The lifted leg should be straight and in line with the facing direction of the body.	(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vii) Chest balance should be performed with forearms on the floor and not the hands, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.
Agility/ Tumble	(i) Handstand must hold for a moment following the roll. (ii) Flic may come from an element or standing. (iii) Dive roll must show good flight and roll smoothly to finish. (iv) & (v) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn. (vi) Element should show flight and a controlled landing.	(vii) Element should show flight and a controlled landing. (viii) Flic may come from another element or from standing. (ix) Element should show flight and a controlled landing. (x) The tumble should be smooth and continuous without additional steps.	(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing. (xiii) In the Hecht dive roll an open (swallow) position must be shown in flight.

Grade 4 - Pairs			
	1	2	3
A			
B			
C			
D			
E			
Flex	i Backward walkover ii Forward walkover iii Valdez iv Healy turn v Change leg walkover vi One hand forward walkover vii One hand back walkover viii Back walkover to any splits ix Forward elbow walkover to any splits x 360 jump to splits xi One hand valdez		
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2" iv Handstand 180 turn v Wine glass 2" vi Handstand 360 turn vii Chest balance 2"		
Agility/ Tumble	i Backward roll to handstand ii Flic walkout iii Dive roll iv Round off, jump ½ turn, cartwheel v Round off, jump ½ turn round off vi handspring vii Headspring to stand viii Flic to knee ix Fly spring x Round off, flic xi Free cartwheel to knee/stand xii Headspring 180 turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic		

YOUTH – Pairs














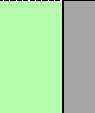








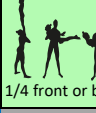






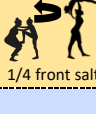



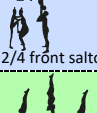

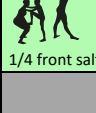
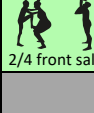

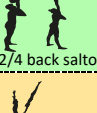
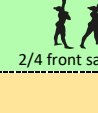
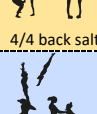
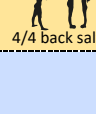
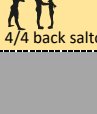


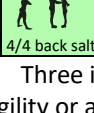
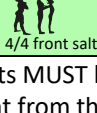
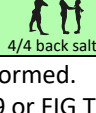
Routine must contain:

- 2 balance elements from any 2 different Rows (A-D).
- 2 dynamic elements from any 2 different Rows (E-H).
- 1 optional balance element from FIG tables or from any Row (A-D) provided it's a different Rows to the compulsory elements.
- 1 optional dynamic element from FIG tables or from Rows (E-H) provided it's a different Rows to the compulsory elements.

Within each Row (A-H) the elements each discipline are colour coded as follows: **WP**, **MP** and **MxP**.

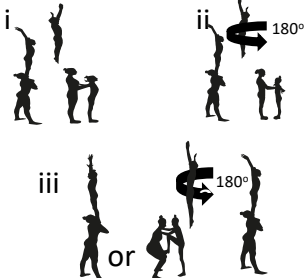
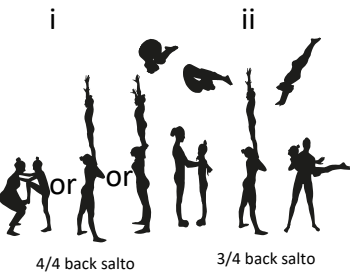
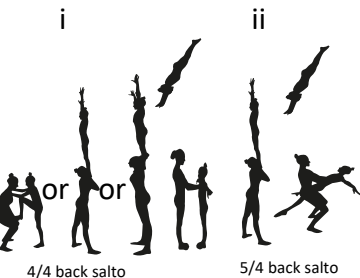
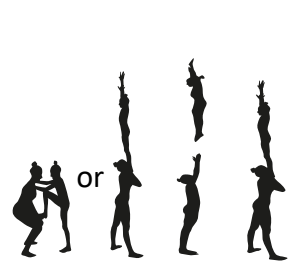
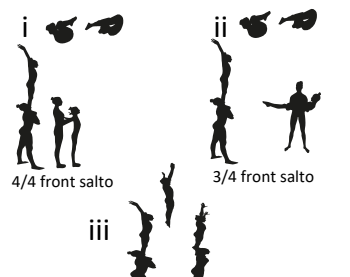
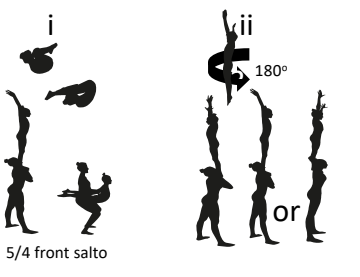
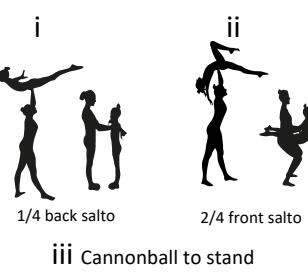
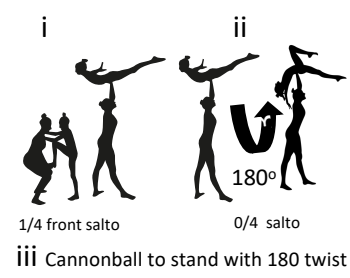
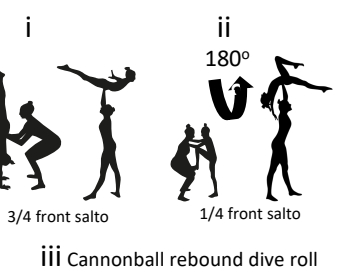

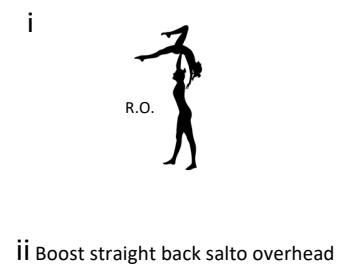
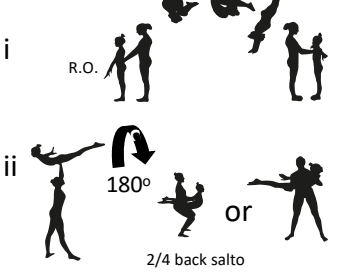
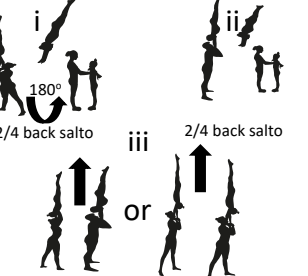
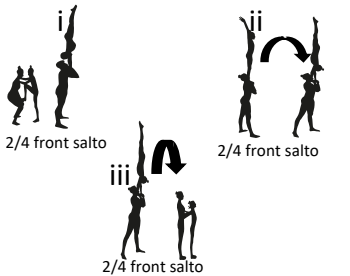
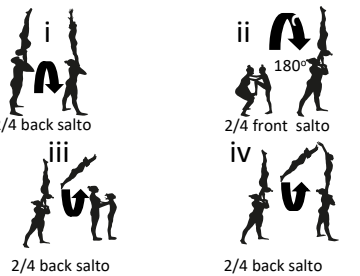
Youth - Balance Elements

	0	1	2	3
A				
B				
C				
D				

Youth - Dynamic Elements					
E					
		   	  180° or 180°		
	 	  180°  180° 			
F		 R.O.	 R.O.	 R.O.	
	 180° 2/4 back salto		 2/4 front salto	 180° 2/4 front salto	
	 1/4 front or back salto	 3/4 back salto	 3/4 front salto	 5/4 front salto	 5/4 back salto
G		 1/4 front salto	 2/4 front salto	 180° 1/4 front salto	 3/4 front salto
	 2/4 back salto		 2/4 front salto	 2/4 back salto	
	 1/4 front salto	 2/4 front salto		 2/4 back salto	 2/4 front salto
H			 4/4 back salto	 4/4 back salto	 4/4 back salto
		 R.O.	 4/4 back salto		
		 4/4 back salto	 4/4 front salto	 4/4 back salto	
<p>Three individual elements MUST be performed. One must be an agility or a tumbling element from the NDP9 or FIG Tables of Difficulty. No Salto is required. Minimum difficulty 1 and maximum difficulty 12.</p>					

Grade 5 – Pairs Balance			
	1	2	3
A	(i) Top in handstand on the shoulders of the Base, who supports the arms of the Top. (ii) Top stands in counterbalance on Bases knees facing the same direction. Base pulls Top back into an on-balance position and then the Base lifts Top to lever on long arm support.	Any motion of the Top to or from long arm handstand or on head with Base sitting or lying down.	(i) Any motion of the Top to or from long arm handstand or on head with Base standing up. (ii) Any motion of the Top to or from 2on 2 handstand with Base standing up.
B	(i) Any Base motion with the Top in front or back angel. Legs of the Top in back angel can be either both together and straight or with one bent. (ii) Any Base motion with the Top standing in bent arm support of the Base and the Base motions to any Base position.	(i) Any Base motion with the Top in Lever. (ii) Any Base motion with the Top in one arm back angel. (iii) Any Base motion with the Top in handstand on Bases shoulders.	(i) Any Base motion with the Top in 2 on 1 Lever. (ii) Any Base motion with the Top in shorty arm handstand. (iii) Any Base motion with the Top in 1 arm Crocodile.
C	Top in 2 arm lever on any long arm/leg support of the Base OR Top in lever with one hand on the head of the Base and the other in hand support.	(i) Top in Crocodile on any Base position. (ii) Top in one arm angel on any Base position. (iii) Top in 2 on 2 lever on any Base position.	(i) Top in 2 on 1 lever on any Base position. (ii) Top in 2 on 1 OR 1 arm crocodile on any Base position. (iii) Any motion of the Top between lever and crocodile on any Base position.
D	Top in handstand on bent arm support of Base, Base OR Top in handstand with one hand on the head of the Base and the other in hand support, Base position is optional.	(i)Top mount to any handstand on bent arm support or on head (ii) Top mount to two-foot stand on short arm support.	(i) Top mount to any position in long arm handstand. (ii) Top mount to any position on long arm support. This must be a valued mount.
E	(i) Top in any two-foot stand on long arm support with Base standing up. (ii)Top in any one-foot stand on the shoulder of Base. Base standing.	(i) Top in any one-foot stand in bent arm support with Base standing up. (ii) Top mount to any two-foot stand on long arm support with Base standing up.	(i) Top in any one-foot stand in long arm support with Base standing up. (ii) Top in 1 arm handstand on any Base position.
<p>Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12</p> <p>The individuals don't need to be the same or from all three categories.</p>			

Grade 5 – Pairs Balance			
	1	2	3
A	(i) Top in handstand on Bases Shoulder with Base standing. (ii) Top moves from counter balance on Bases knees to lever on long arm support of the Base	Any motion of the Top to or from long arm handstand or on head with Base sitting or lying down	(i) Any motion of the Top to or from long arm handstand with Base standing up. (ii) Any motion of the Top to or from 2 on 2 handstand with Base standing up.
	(i) Any Base motion with the Top in any 2-arm angel position. (ii) Any Base motion with the Top stood in short arm support.	(i) Any Base motion with the Top in Lever. (ii) Any Base motion with the Top in one arm back angel. (iii) Any Base motion with the Top in handstand on Bases shoulders.	(i) Any Base motion with the Top in 2 on 1 Lever. (ii) Any Base motion with the Top in (bent) long arm handstand. (iii) Any Base motion with the Top in 1 arm Crocodile.
C	Two arm lever on any Base position.	(i) Top in Crocodile on any Base position. (ii) Top in one arm angel on any Base position. (iii) Top in 2 on 2 lever on any Base position.	(i) Top in 2 on 1 lever on any Base position. (ii) Top in 2 on 1 OR 1 arm crocodile on any Base position. (iii) Any motion of the Top between lever and crocodile.
	Top in short arm handstand on any Base position.	(i) Top mount to any handstand on bent arm support or on head. (ii) Top mount to two-foot stand on short arm support.	(i) Top mount to any position in long arm handstand. (ii) Top mount to any position on long arm support.
E	(i) Top in long arm two-foot stand on any Base position. (ii) Top in any one-foot stand on Base's shoulder.	(i) Top in any one-foot stand in bent arm support of Base. (ii) Top mount to two-foot stand on long arm support with Base standing.	(i) Top in any one-foot stand in long arm support with Base standing up. (ii) Top in 1 arm handstand on any Base position.
<p>Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12</p> <p>The individuals don't need to be the same or from all three categories.</p>			

Grade 5 – Pairs Dynamic			
	1	2	3
A	 i ii 180° iii 180° or	 i ii 4/4 back salto 3/4 back salto	 i ii 4/4 back salto 5/4 back salto
	 i ii 4/4 front salto 3/4 front salto	 i ii 180° 5/4 front salto	 i ii 180° 5/4 front salto
	 i ii 1/4 back salto 2/4 front salto iii Cannonball to stand	 i ii 180° 1/4 front salto 0/4 salto iii Cannonball to stand with 180 twist	 i ii 180° 3/4 front salto 1/4 front salto iii Cannonball rebound dive roll
	 i ii 4/4 back salto ii Boost tuck/pike back salto	 i ii R.O. ii Boost straight back salto overhead	 i ii R.O. ii 180° 2/4 back salto or
	 i ii 180° 2/4 back salto iii or 2/4 back salto	 i ii 2/4 front salto 2/4 front salto iii 2/4 front salto	 i ii 180° 2/4 back salto 2/4 front salto iii iv 2/4 back salto
Any three individual elements (tumbling) MUST be included from the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 12 The individuals don't need to be the same and no salto is required.			

IDP1 – Pairs Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Pair elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP1 Balance routines must have as a minimum:

- 5 elements and up to a maximum of 8 elements.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 60 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 80). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements MUST be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP1 – Pairs Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Pair elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP1 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 50 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 70). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2 – Pairs Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Pair elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP2 Balance routines must have as a minimum:

- 5 elements and up to a maximum of 8 elements.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 90 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 110). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements MUST be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2 – Pairs Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Pair elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP2 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

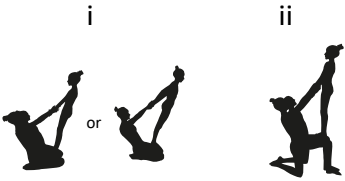




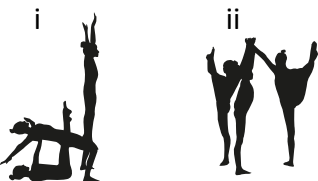

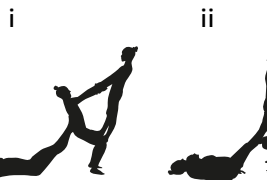



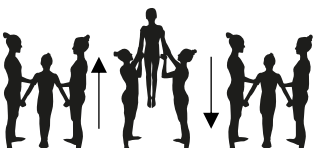

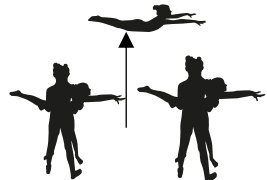
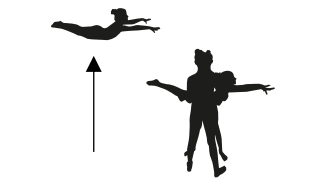


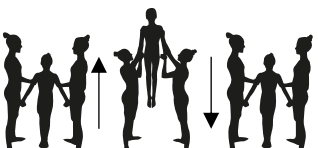
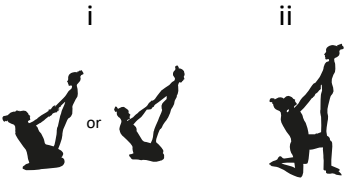




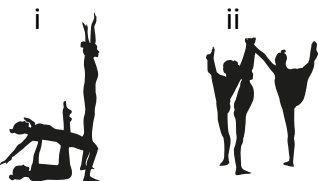

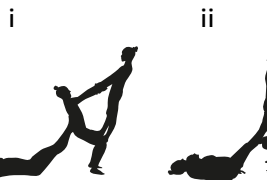

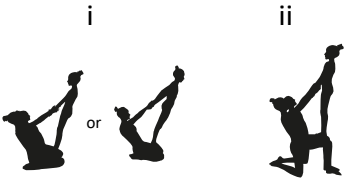




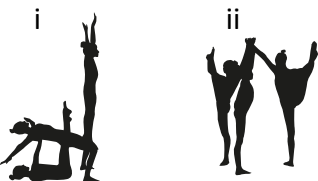

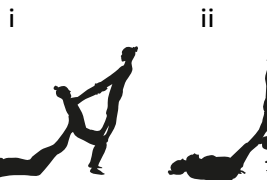

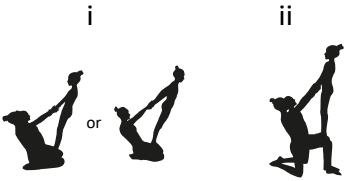




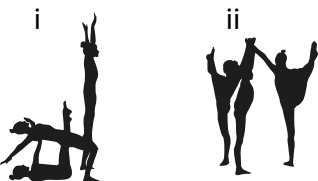

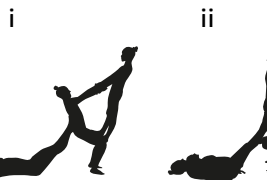

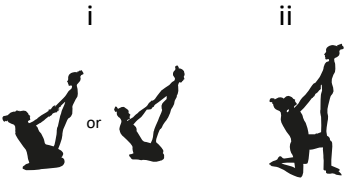




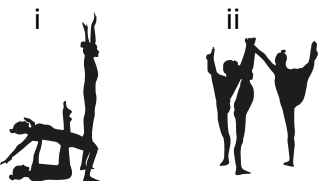

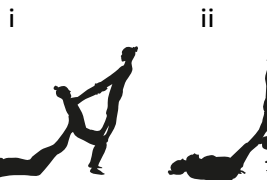

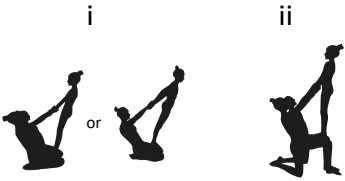




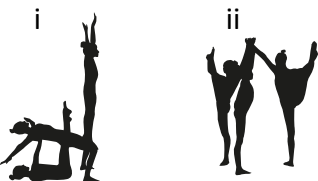

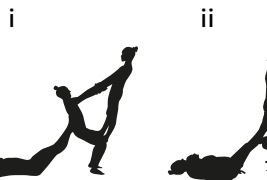

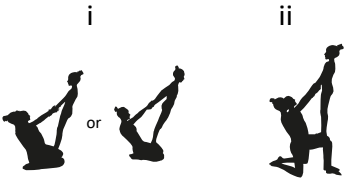




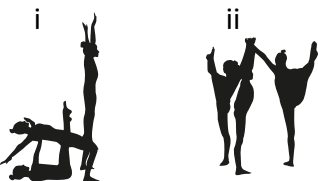

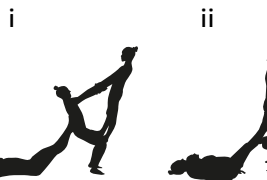

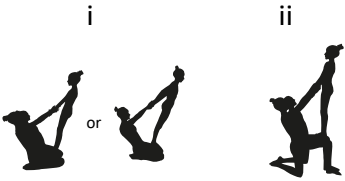




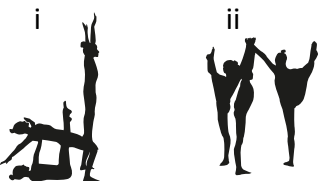

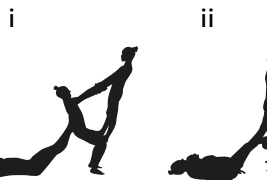

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 80 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 100). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.


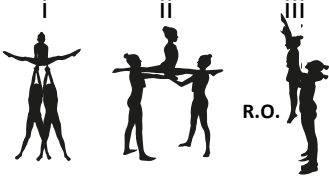
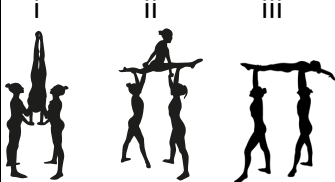








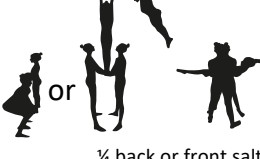
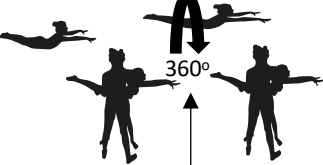


Grade 2 - Groups			
	1	2	3
A	(i) Top in counter balance on the Base and Middle's knees facing inwards. The arms of all three are fully extended. Grip is optional. The Top may face inwards or outwards. (ii) Top performs stand on thighs. All three hold hands, arms may be bent, and grip is optional.	(i) Top stands supported on shoulders with one foot on Base and Middle, who support the Top by holding the lower leg with one hand each. (ii) Top stands in balance supported on the thighs of the Base and Middle who are in lunge in any orientation.	Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.
	(i) Middle sits on the feet of the Base, using the feet against the legs of the Base for extra stability if required. Top stands on one foot in front of the Middle. Arms of Middle and Top should be straight, and grip is optional. (ii) Linked one-foot stand. All partners must be in contact with each other using one straight arm. The other arm must be free. Grip is optional.	(i) Top in front angel on Base's feet and supports the Middle who performs an arabesque holding hands with Top. Grip is optional. (ii) Linked arabesque hold. All partners must be in contact with each other on straight arms. Grip is optional.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs. (ii) Linked wineglass holds. All partners must be in contact with the other, but orientation is optional. Grip is optional
	(i) Base and Middle support the handstand of the Top on straight arms. (ii) Base stands with feet together supporting the Top in handstand. Arms of the Base should be straight. The Middle performs arabesque holding on to the shoulders of the Base with straight arms.	(i) Base lies on the floor supporting the lower back of the Middle. Top stands in counterbalance on the thighs of the Middle, linking hands on extended arms. Grip is optional. (ii) Base and Middle support the Top in a balanced handstand with their feet.	(i) Base in straddle sit with Middle in supported stand on shoulders. Top in a handstand supported by the Middle. (ii) Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle and can be supported but is not required to be.
	Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.	Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs.	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.
	(i) From sitting on platform, the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing.	Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.	Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.
	(i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	(ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	(iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.
	(i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	(ii) Shoulder stand should achieve a straight body line.	(iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.
Agility/ Tumble	(i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	(iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.	(vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.

Grade 2 - Groups			
	1	2	3
A			
			
			
			
			
			
B			
			
			
C			
			
			
D			
			
			
E			
			
			
Flex			
			
			
Stand			
			
			
Agility/ Tumble			
			
			
<p>i Pike fold</p>			
<p>ii Bridge</p>			
<p>iii Any splits</p>			
<p>i Straddle sit with leg lift 2"</p>			
<p>ii Shoulder stand 2"</p>			
<p>iii One-foot stand 2"</p>			
<p>i Backward roll to straddle stand ii Forward roll 180 jump</p>			
<p>iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel</p>			
<p>vi Backward roll with straight legs to stand vii Forward roll straddle stand through to lie on front viii Forward roll jump to 1 leg cartwheel</p>			

Grade 3 – Women's Groups			
	1	2	3
A	Top stands supported on shoulders with one foot on the Base and Middle, who support the Top by holding the lower leg with one hand each.	(i) Top in handstand supported on the thighs of the Base and Middle who are in lunge in any orientation. (ii) Top in front or back log on straight arms of the Base and Middle. Support of the Top is on the lower leg and on the shoulder area or upper arms.	Base and Middle lying side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands.
	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top stands on the Middle's thighs. (ii) Top jumps backwards to cradle from standing. Flight must be seen before the catch.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder handstand holding on to the Base's feet with straight arms. (ii) From standing or motion Base and Middle support the Top in a flic from 2 feet to 2 feet.	(i) Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder handstand holding on to the Middle's arms. (ii) Round off jump 1/4 straight back Salto to land in cradle.
	Base lies on the floor supporting the lower back of the Middle. The Top stands on the thighs of the Middle and can be supported but is not required to be.	Middle stands supported on Base's thighs. Top in a handstand supported by the Middle. Arms of the Middle should be straight.	Middle stands freely on Base's thighs whilst Base is in bridge. Top in a handstand supported by the Middle. Arms of the Middle should be straight.
	Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.	Top performs a handspring to 2 feet over head aided by the Bases, without release.	Top is thrown for a tuck back Salto dismount by the Base and Middle from sitting on platform.
	Top jumps forwards to cradle, this can be from a run or from standing. Flight must be seen before the catch.	Top starts in a forwards or backwards cradle and the Base and Middle throw the Top for a 180° log roll re-catching in cradle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle.
	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.	(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.	(iii) (iv) & (v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.
	(i) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japan without stopping. (iii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.	(ii) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked close to but not touching the body. (iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body. (iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll. (v) The 1 arm cartwheel may use either the first or second hand to lead. The finish position is optional. Cartwheel can finish sideways or with a ¼ turn. (vi) & (vii) The tumble should be smooth and continuous without additional steps.	(iv) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal. (viii) Handstand must hold for a moment following the roll. (ix) Flic may come from another element or from standing. (x) Dive roll must show good flight and roll smoothly to finish. (xi), (xii) & (xiii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.
B			
C			
D			
E			
Flex			
Stand			
Agility/ Tumble			

Grade 3 – Women’s Groups			
	1	2	3
A		<div>i</div> <div>ii</div>	
	<div>i</div> <div>ii</div>	<div>i</div> <div>ii</div>	<div>i</div> <div>ii</div> <div>R.O.</div>
B			
C			
D			
E			
Flex	<div>i Any splits</div>	<div>ii Standing drop back to bridge</div>	<div>iii Backward walkover</div> <div>iv Forward walkover</div> <div>v Valdez</div> <div>vi Healy turn</div>
	<div>i One-foot stand 2"</div>	<div>ii Bent leg handstand 2"</div> <div>iii Tuck half lever 2"</div>	<div>iv Headstand 2"</div> <div>v Half lever 2"</div> <div>vi Straddle lever 2"</div>
	<div>i Backward roll with straight legs to stand</div> <div>ii Forward roll straddle through to lie on front</div> <div>iii Forward roll jump to 1 leg cartwheel</div>	<div>iv Handstand forward roll to stand</div> <div>v One arm cartwheel</div> <div>vi Cartwheel, chasse step, round off, straight jump</div> <div>vii Round off, stretch jump, backward roll</div>	<div>vii Backward roll to handstand</div> <div>ix Flic walkout</div> <div>x Dive roll</div> <div>xi Round off, jump ½ turn, cartwheel</div> <div>xii Round off, jump ½ turn round off</div>

Grade 4 - Women's Groups			
	1	2	3
A	(i) Base and Middle lying side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands. (ii) Round off jump 1/4 straight back Salto to land in cradle.	(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands. (ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in any splits on their shoulders. Top should be sat upright in splits. (iii) Top in round off straight jump which is supported by the Base and Middle.	(i) Bases support the hand and shoulder of the Top in a Handstand at waist height (ii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in any splits on straight arms. Top should be sat upright in splits. (iii) Top in round off 1/4 straight back Salto to log which is supported by the Base and Middle. The Base and Middle positions are optional.
	Base lies on the floor with legs straight and raised vertically. Base supports the Middle on straight arms. Top in a shoulder handstand holding on to the Middle's arms.	Top stands supported on shoulders of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.	Top in lever on straight arm of the Base. Base supports the lower leg of the Top. Middle in straddle lever on shoulder and calf of the Base.
	Middle stands freely on Base's thighs whilst Base is in bridge. Top in a handstand supported by the Middle. Arms of the Middle should be straight.	Top stands on shoulders of the Base. Middle stands on the thighs of the Base, holding hands with the Top, arms of Top and Middle are straight. Base supports Middle to enable an on-balance stand from both Top and Middle.	Top stands on shoulders of the Base. Middle stands on the thighs of the Base. Base supports Middle to enable an on-balance stand from both Top and Middle.
	Top is thrown for a tuck back salto dismount by the Base and Middle from sitting on platform.	From pitch or platform, Top is thrown for a straight jump dismount.	From pitch or platform, Top is thrown for a 1/4 straight back or forward Salto to land in cradle.
	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 360° log roll re-catching in cradle. The log roll should take place above the heads of the Base and Middle.	From a run, jump or other element landing in a forwards or backwards cradle, Top is immediately thrown for a 540° log roll re-catching in cradle.	From forwards or backwards cradle, Base and Middle throw the Top for a 3/4 tuck, pike or straight front or back salto.
Flex	(i) (ii) & (iii) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.	(v) Change of the legs should be with both legs moving and should occur at the height of the element. (vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.	(viii) & (ix) The foot must go through the arms rather than sliding to splits. (x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (xi) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
	(i) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (ii) & (iii) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.	(vi) Handstand must hold for a moment before the rotation begins and should finish before the exit phase. (v) The lifted leg should be straight and in line with the facing direction of the body.	(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vii) Chest balance should be performed with forearms on the floor and not the hands, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.
	(i) Handstand must hold for a moment following the roll. (ii) Flic may come from another element or from standing. (iii) Dive roll must show good flight and roll smoothly to finish. (iv), (v) & (vi) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.	(vii) Element should show flight and a controlled landing. (viii) Flic may come from another element or from standing. (ix) Element should show flight and a controlled landing. (x) The tumble should be smooth and continuous without additional steps.	(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing. (xiii) In the Hecht dive roll an open (swallow) position must be shown in flight.
Agility/ Tumble			





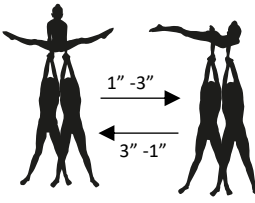




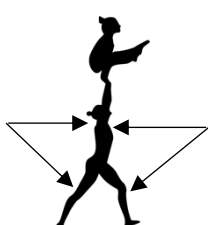
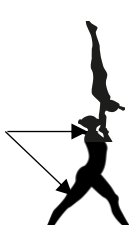
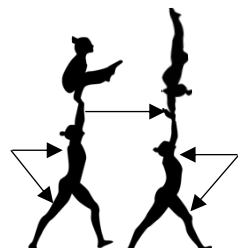
Grade 4 - Women's Groups			
	1	2	3
A B C D E Flex Stand Agility/ Tumble			
			
			
			
	 ¾ back or front salto with 360 twist	 ¾ back or front salto with 540 twist	 ¾ back or front salto from cradle
	i Backward walkover ii Forward walkover iii Valdez iv Healy turn	v Change leg walkover vi One hand forward walkover vii One hand back walkover	viii Back walkover to any splits ix Forward elbow walkover to any splits x 360 jump to splits xi One hand valdez
	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180 turn v Wine glass 2"	vi Handstand 360 turn vii Chest balance 2"
	i Backward roll to handstand ii Flic walkout iii Dive roll iv Round off, jump ½ turn, cartwheel v Round off, jump ½ turn round off vi handspring	vii Headspring to stand viii Flic to knee ix Fly spring x Round off, flic	xi Free cartwheel to knee/stand xii Headspring 180 turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

YOUTH - Women's Groups

Routine must contain:

- 1 pyramid from any Rows (A-C).
- 2 dynamic elements from any 2 different Rows (D-G).
- 1 optional pyramid from FIG tables or from any Row (A-D) provided it's a different Row to the compulsory elements.
- 1 optional dynamic element from FIG tables or from Rows (D-G) provided it's a different Rows to the compulsory elements.

YOUTH – Balance Elements

	0	1	2	3
A	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">i </div> <div style="text-align: center;">ii </div> </div>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">i </div> <div style="text-align: center;">ii </div> </div>	<div style="text-align: center;">  </div>	
B				
C				

YOUTH – Dynamic Elements				
	0	1	2	3
D		i ii 360° 1/4 back or front salto	 540° or 720°	
	 1/4 front salto	 1/4 front salto	i ii 4/4 front salto	
	 1/4 back salto		i ii 4/4 back salto	
	 5/4 back salto			
E				
F				
G				

Three individual elements MUST be performed.

One must be an agility or a tumbling element from the NDP9 or FIG Tables of Difficulty.

No Salto is required.

Minimum difficulty 1 and maximum difficulty 12.

Grade 5 – Women’s Groups Balance			
	3	4	5
A	(i) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in lever on their hands. (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in crocodile on their hands. (iii) Base and Middle stand facing each other supporting one leg and 1 arm of the Top in any splits on straight arms. Top should be sat upright in splits.	(i) & (ii) Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top in straddle lever for 3" on their hands and then motions to crocodile for 3". This may be done from crocodile to straddle.	Base and Middle stand side by side with arms straight and hands in 2-on-2 position. Top performs any mount or motion to handstand for 3".
	Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Top plus any motion is a MINIMUM of 4 values.	Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Top plus any motion is a MINIMUM of 7 values.	Any Category 2, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Top plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.
	Top performs an arabesque on the Base’s shoulders. Middle stands on the thighs of the Base. Base supports Middle on the waist with bent arms.	(i) Middle stands on Bases' thighs and Top in lever on straight arms of the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand. (ii) Base in back support or bridge position with the Middle standing on thighs and Top in lever on straight arms of the Middle.	(i) Middle stands on Bases' thighs and Top in short arm handstand on the Middle. Base supports Middle on the waist with bent arms to enable an on-balance stand. (ii) Base in back support or bridge position with the Middle standing on thighs and Top in short arm handstand on the Middle.
B			
C			

Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty.

Minimum difficulty 1 and maximum difficulty 12

The individuals don’t need to be the same or from all three categories.

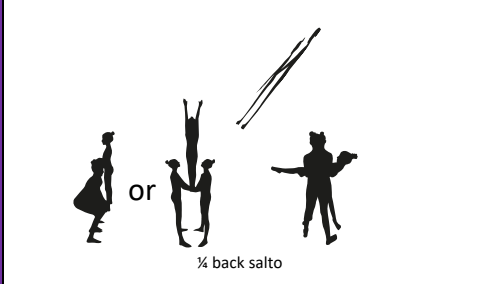
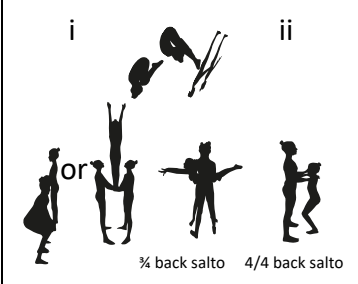
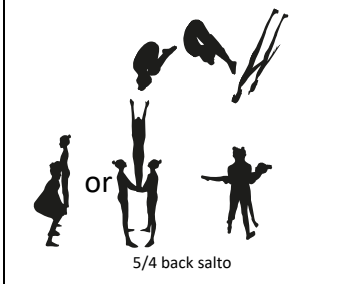

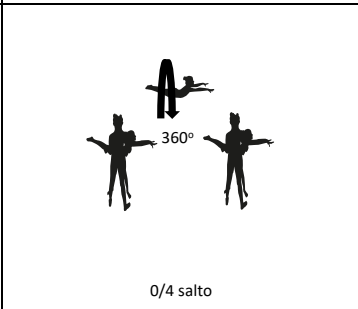
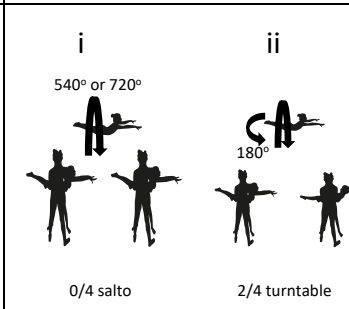
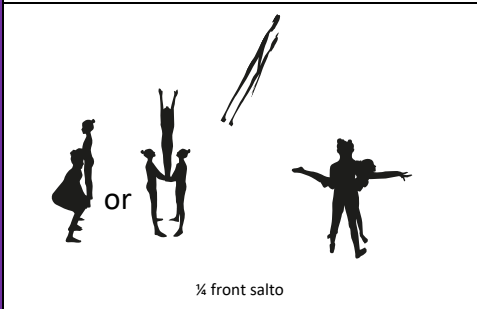
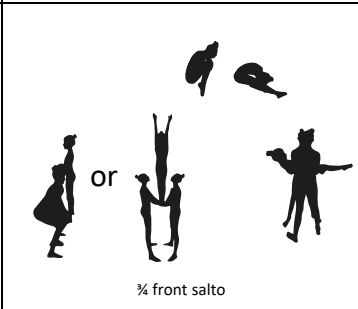
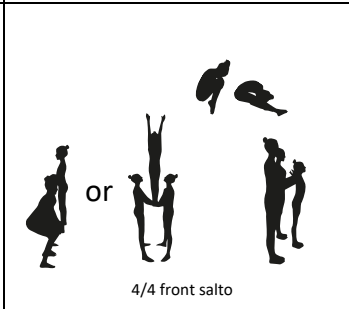
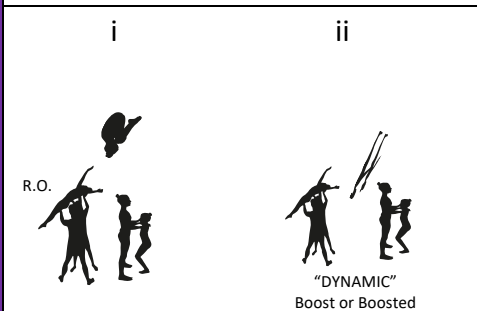
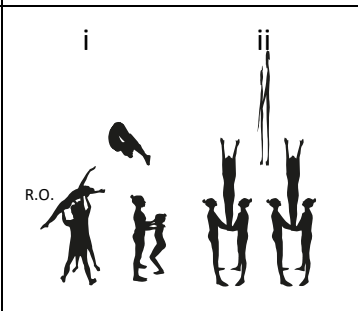
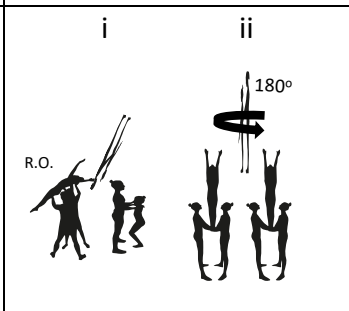
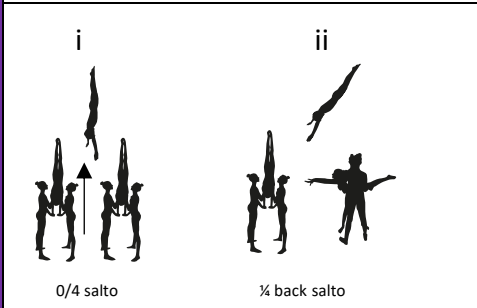
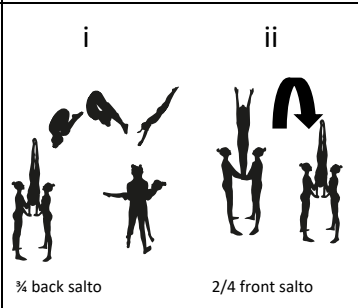
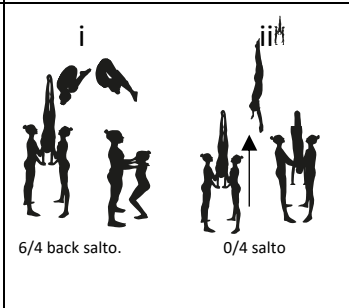
Grade 5 – Women's Groups Balance			
	3	4	5
A	<p>Category 1</p>	<p>Category 1</p>	<p>Category 1</p>
B	<p>Category 2, 4,5 or 6</p> <p>Any Category 2,4,5 and 6 balance from the FIG Tables of difficulty.</p> <p>Total value of the base and the top plus any motion is a MINIMUM of 4 values</p>	<p>Category 2, 4,5 or 6</p> <p>Any Category 2,4,5 and 6 balance from the FIG Tables of difficulty.</p> <p>Total value of the base and the tops plus any motion is a MINIMUM of 7 values</p>	<p>Category 2, 4,5 or 6</p> <p>Any Category 2,4,5 and 6 balance from the FIG Tables of difficulty.</p> <p>Total value of the base and the top plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.</p>
C	<p>Category 3</p>	<p>Category 3</p>	<p>Category 3</p>

Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty.

Minimum difficulty 1 and maximum difficulty 12

The individuals don't need to be the same or from all three categories.

Grade 5 – Women’s Groups Dynamic			
	1	2	3
A	From pitch or platform, Top is thrown for a 1/4 straight back salto to land in cradle.	(i) From pitch or platform, Top is thrown for a 3/4 tuck, pike or straight back salto to land in cradle. (ii) From pitch or platform, Top is thrown for a 4/4 tuck, pike or straight back salto.	From pitch or platform, Top is thrown for a 5/4 tuck or pike back salto to land in cradle.
	From cradle, Base and Middle throw Top for a 3/4 tuck, pike or straight front or back salto.	From cradle, Base and Middle throw Top for a 360o log roll to re-catch in cradle from back or front.	(i) From cradle, Base and Middle throw Top for a 540o or 720o log roll to re-catch in cradle from back or front. (ii) From cradle on front or back, Base and Middle throw Top for a 2/4 turntable with 180o twist.
B	From pitch or platform, Top is thrown for a 1/4 straight front salto to land in cradle.	From pitch or platform, Top is thrown for a 3/4 tuck or pike front salto to land in cradle.	From pitch or platform, Top is thrown for a tuck or pike front salto dismount.
	(i) Top in round off boosted tuck back salto over the heads of the base and Middle. Flight should be seen before the catch (ii) Boost or Boosted front or back straight 4/4 salto.	(i) Top in round off boosted pike back salto over the heads of the base and Middle. Flight should be seen before the catch. (ii) Base and Middle throw Top into a straight jump, re-catching on the platform.	(i) Top in round off boosted straight back salto over the heads of the base and Middle. (ii) Base and Middle throw Top for a straight jump with 180o twist, re-catching on the platform.
C	(i) From supported short arm handstand the Top is thrown and released in a straight arm handstand before being caught back in short arm handstand. (ii) From supported short arm handstand the Top is thrown for a 1/4 back salto to land in cradle.	(i) From supported short arm handstand the Top is thrown for a 3/4 back salto to land in cradle. (ii) From standing on platform the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette).	(i) From supported short arm handstand the Top is thrown for a 6/4 tuck or pike salto dismount. (ii) From supported short arm handstand the Top is thrown and released in a straight arm handstand before being caught back in short arm handstand on platform.
	<p>Any three individual elements (tumbling) MUST be included from the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12</p> <p>The individuals don’t need to be the same and no salto is required.</p>		

Grade 5 – Women’s Groups Dynamic			
	1	2	3
A	 1/4 back salto	 1/4 back salto 4/4 back salto	 5/4 back salto
	 3/4 back or front salto	 0/4 salto	 0/4 salto 2/4 turntable
	 1/4 front salto	 1/4 front salto	 4/4 front salto
	 R.O. “DYNAMIC” Boost or Boosted	 R.O. 1/4 back salto	 R.O. 180°
	 0/4 salto 1/4 back salto	 1/4 back salto 2/4 front salto	 6/4 back salto. 0/4 salto
<p>Any three individual elements (tumbling) MUST be included from the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12</p> <p>The individuals don’t need to be the same and no salto is required.</p>			

IDP1 – Women’s Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements, IDP1 Balance routines must have as a minimum:

- 2 different categories of pyramid and up to a maximum of 4 pyramids.
- 3 x 3 second holds.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty for an IDP1 routine.
- Individual elements do not contribute towards difficulty in IDP1 routines.
- The maximum difficulty, calculated as the sum of all the elements performed is 60 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 80). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don’t need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP1 – Women’s Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP1 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 50 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 70). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements MUST be included from the FIG Tables of Difficulty.
They can be from any category, and they don’t need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2 – Women's Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements, IDP2 Balance routines must have as a minimum:

- 2 different categories of pyramid and up to a maximum of 4 pyramids.
- 3 x 3 second holds.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 90 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 110). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2 – Women's Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP2 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

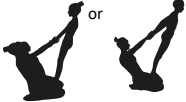



















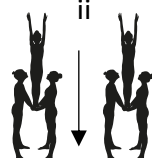

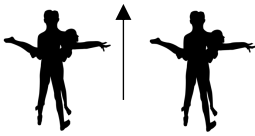


DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 80 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 100). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements MUST be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.








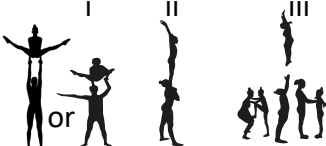
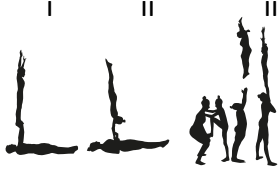




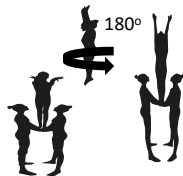

Grade 2 - Men's Groups			
	1	2	3
A	Two Pairs in immediate succession perform the same skill. (i) Top in counterbalance on Base's thighs. The grip is optional, but all arms should be straight. The Top may face inwards or outwards. (ii) Top stands on one foot on the thigh of the Base. The grip is optional, but all arms should be straight.	Top stands supported on shoulders with one foot on each Base, who support the Top by holding the lower leg with one hand each. Middle stands on the knees of the Bases and is supported at the waist/thighs.	Middle stands in balance supported on the thighs of the Bases who are in lunge in any orientation. Top stands supported on shoulders of the Bases.
	Middle stands in balance supported on the thighs of the Bases who are in lunge in any orientation. Top in a handstand on the floor supported by the Middle.	Base 1 lies on the floor with legs straight and raised vertically. Base 1 supports Base 2 on straight arms. Middle stands on the Base 2 thighs and supports the Top to do a handstand on the floor.	Middle stands supported on shoulders with one foot on each Base, who support the Middle by holding the lower leg with one hand each. Top in a handstand on the floor supported by the Bases.
B	Two Tops in immediate succession perform the same skill. Bases support the handstand of the Top on straight arms.	Two Tops in immediate succession perform the same skill. (i) Base 1 lies on the floor supporting the lower back of Base 2. Middle and Top stands in counterbalance on the thighs of the Base 2. Arms straight arms, Grip is optional (ii) Base 1 and 2 support the Middle and Top in a balanced handstand with their feet.	Two Tops in immediate succession perform the same skill. (i) Base in straddle sit with Base 2 in supported stand on shoulders. Middle and Top in a handstand supported by Base 2. (ii) Base 1 lies on the floor supporting the lower back of Base 2. The Middle and Top stands on the thighs of Base 2 and can be supported but is not required to be.
	Two Tops in immediate succession perform the same skill. Base and Middle lie side by side in dish, the position of their arms is optional. Top forward rolls over their waist.	Two Tops in immediate succession perform the same skill. Top consecutively leapfrogs over Base and Middle with no extra steps. Base and Middle may face either direction but should have straight legs.	Two Tops in immediate succession perform the same skill. Base and Middle support the Top to jump. Top shape in the jump is optional. No release is required although the Base and Middle may release the hand on the upper arm of the Top.
C	Two Tops in immediate succession perform the same skill. (i) From sitting on platform, the Top is pitched for a straight jump dismount by the Base and Middle. (ii) Top stands on the platform and the Base and Middle squat and return to standing.	Two Tops in immediate succession perform the same skill. Base and Middle throw the Top from cradle to re-catch in cradle. Top can be on front or back in cradle.	Two Tops in immediate succession perform the same skill. Top jumps to cradle, this can be from a run or from standing. Flight must be seen before the catch.
	Two Tops in immediate succession perform the same skill. (i) Legs together and straight with back of knees pressed to the floor, toes pointed, back should remain as flat as possible.	Two Tops in immediate succession perform the same skill. (ii) Shoulders pushed past the hands which are shoulder width apart and straight. Legs straight, feet flat on floor and legs together.	Two Tops in immediate succession perform the same skill. (iii) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.
D	Two Tops in immediate succession perform the same skill. (i) In straddle sit position, hands on floor at or in front of the knees, legs are lifted clear of the floor. Legs should remain straight and extended.	Two Tops in immediate succession perform the same skill. (ii) Shoulder stand should achieve a straight body line.	Two Tops in immediate succession perform the same skill. (iii) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.
	Two Tops in immediate succession perform the same skill. (i) Backward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The 180° straight jump should be to 2 feet and completed before landing.	Two Tops in immediate succession perform the same skill. (iii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The straddle stand may be in pike or upright. (iv) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The stand should be with feet together. (v) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.	Two Tops in immediate succession perform the same skill. (vi) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (vii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (viii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish sideways or with a ¼ turn.
E			
Flex			
Stand			
Agility/ Tumble			

Grade 2 - Men's Groups			
	1	2	3
A B C D E Flex Stand Agility/ Tumble	i  or  ii 		
			
	Two Tops perform the same skill.	Two Tops perform the same skill.	Two Tops perform the same skill.
		i  ii 	i  ii  or 
	Two Tops perform the same skill.	Two Tops perform the same skill.	Two Tops perform the same skill.
			  
	Two Tops perform the same skill.	Two Tops perform the same skill.	Two Tops perform the same skill.
	i  ii 	 	 
	i Pike fold	ii Bridge	iii Any splits
	i Straddle sit with leg lift 2"	ii Shoulder stand 2"	iii One-foot stand 2"
	i Backward roll to straddle stand ii Forward roll 180 jump	iii Forward roll to straddle stand iv Backward roll to stand v Cartwheel chasse cartwheel	vi Backward roll with straight legs to stand vii Forward roll straddle stand through to lie on front viii Forward roll jump to 1 leg cartwheel

Grade 3 – Men's Groups			
	1	2	3
A	Base 1's legs support the lower back of Base 2. The 3rd man stands on Base 2 thighs. Top in handstand on floor supported by 3rd man, whose arms should be straight.	Base 1 kneels on the floor with a flat back. Base 2 sits on Base 1 at hip level. 3rd man stands on knees of Base 2 and gives support to the Top in handstand on the floor. Arms of 3rd man should be straight.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.
	Middle stands supported on shoulders with one foot on each Base, who support the Middle by holding the lower leg with one hand each. Top in a handstand on the floor supported by the Bases.	Base 1 and Base 2 kneel on all fours alongside each other. 3rd man kneels on all fours on Base 1 and Base 2 with one hand and one knee on each Base at shoulder and hip level. Top stands on back of 3rd man at hip level.	Base 1 with Base 2 standing supported on thighs and 3rd man standing freely on shoulders. Top in handstand on the floor supported by 3rd man whose arms should be straight.
B			
C	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Top in a supported shoulder handstand on the Base's hands. Top holds onto the Base's legs. (ii) Top in a supported handstand with hands on the ankles of the Base. (iii) Base supports the Top at the waist for a straight jump.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Top in shoulder stand on the hands of the Base. (ii) Base on one knee supports 2-on-1 handstand of the Top on the thigh. (iii) Top in a supported stand on the Base's shoulders. . (iv) Base supports the Top at the waist for two jumps performed in immediate succession. Top should reach the Base's shoulder height as a minimum. The Base can release and re-catch the Top but is not required to do so.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Top stands on bent arm support of Base. (ii) Top stands on Base's shoulders. Base supports the Top by holding the lower leg of the Top. (iii) Top in two arm lever on hands of Base. (iv) Supported tuck/pike front salto dismount from standing on shoulders.
	Two Tops in immediate succession perform the same skill. From standing or motion Base 1 and Base 2 support the Top in a flic from 2 feet to 2 feet.	Two Tops in immediate succession perform the same skill. From standing or motion Base 1 and Base 2 support the Top in a handspring. There is no release, but the handspring must pass over the heads of the Base's, not over their shoulders.	Two Tops in immediate succession perform the same skill. Base 1 and Base 2 throw Top for a straight jump dismount from platform.
D			
E	Two Tops in immediate succession perform the same skill. Top jumps forwards to cradle, this can be from a run or from standing.	Two Tops in immediate succession perform the same skill. From cradle Base 1 and Base 2 throw the Top for a 180° log roll re-catching in cradle. The log roll should take place above the head height of Bases.	Two Tops in immediate succession perform the same skill. Top is thrown for a tuck back salto dismount by Base 1 and Base 2.
Flex	(i) Any splits can be performed. The hips should be square to the front and in box splits the knees should be facing the ceiling. Hands can be on or off the floor.	(ii) From standing with feet together drop back to bridge. No readjustment of hands or feet should be made to achieve the bridge.	(iii) (iv) & (v) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.
Stand	(i) In the one foot stand the supporting leg must be straight and hips square. The free leg should be bent at 90° at the knee and the knee level with the hip.	(ii) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body should be straight with the knees tucked in in close to but not touching the body. (iii) The tuck lever should have a straight back with the hips between the arms and knees lifted in front of the body.	(iv) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.
Agility/ Tumble	(i) Backward roll should be made from and finish on 2 feet, the hands touch the floor only at the start. The legs should be straight throughout. (ii) Forward roll should be made from 2 feet and the hands touch the floor only at the start. The roll should pass through Japana without stopping. (iii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.	(iv) Handstand must hold for a moment before the roll. The arms may be bent or straight on entering the roll. (v) The 1 arm cartwheel may use either the first or second hand to lead. Cartwheel can finish either sideways or with a ¼ turn. (vi) & (vii) The tumble should be smooth and continuous without additional steps.	(viii) Handstand must hold for a moment following the roll. (ix) Flic may come from another element or from standing. (x) Dive roll must show good flight and roll smoothly to finish. (xi), (xii) & (xiii) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.

Grade 3 – Men's Groups			
	1	2	3
A B C D E Flex Stand Agility/ Tumble			
	Two pairs	Two pairs	Two pairs
	Two Tops perform the same skill.	Two Tops perform the same skill.	Two Tops perform the same skill.
	Two Tops perform the same skill.	Two Tops perform the same skill.	Two Tops perform the same skill.
	i Any splits	ii Standing drop back to bridge	iii Backward walkover iv Forward walkover v Valdez vi Healy turn
	i One-foot stand 2"	ii Bent leg handstand 2" iii Tuck half lever 2"	iv Headstand 2" v Half lever 2" vi Straddle lever 2"
	i Backward roll with straight legs to stand ii Forward roll straddle through to lie on front iii Forward roll jump to 1 leg cartwheel	iv Handstand forward roll to stand v One arm cartwheel vi Cartwheel, chasse step, round off, straight jump vii Round off, stretch jump, backward roll	viii Backward roll to handstand ix Flic walkout x Dive roll xi Round off, jump ½ turn, cartwheel xii Round off, jump ½ turn round off

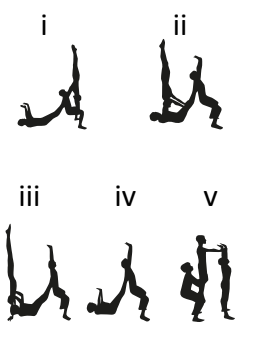
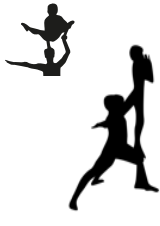

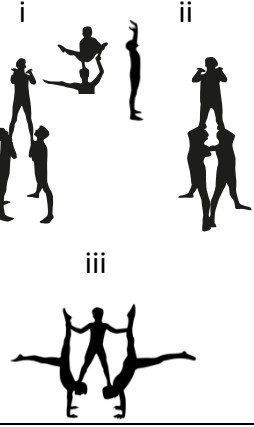
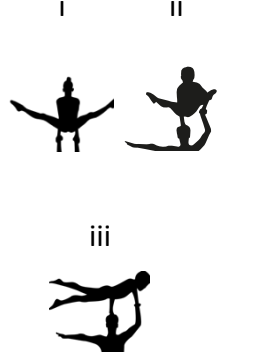
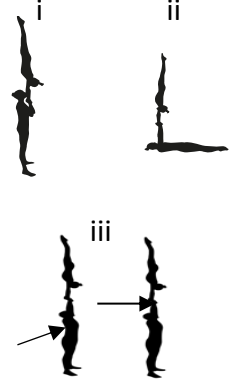
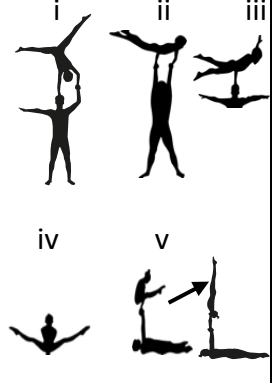
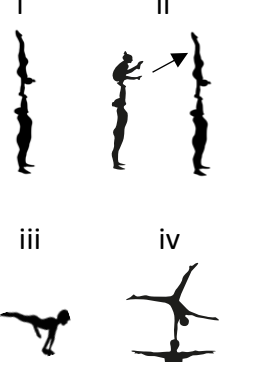
Grade 4 - Men's Groups			
	1	2	3
A B C D E Flex Stand Agility/ Tumble	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balanced stand with 1 arm support. 3rd man in stand in hands of Base 1, whose arms should be vertical and not lean against the body.	Base 2 in chair position supported in the lower back by the feet of Base 1. Top in a counter balance stand with 1 arm support. 3rd man in stand in hands of Base 1 on long arm hold.	Base 2 in chair position supported in the lower back by the feet of Base 1. 3rd man in a handstand on the knees of Base 2. Top in a lever on hands of Base 1 on long arm hold.
	Base 1 with Base 2 standing supported on thighs and 3rd man standing freely on shoulders. Top in handstand on the floor supported by 3rd man whose arms should be straight.	Base 1 and 3rd man perform stand on knees. Base 2 stands in front of 3rd man who supports Base 2 wrists. Top in lever on straight arms of Base 2.	Base 1 and Base 2 stand in lunge alongside each other supporting the 3rd man who stands on their thighs. Top stands on shoulders of 3rd man.
	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Top stands on bent arm support of Base. (ii) Top stands on Base's shoulders. Base supports the Top by holding the lower leg of the Top. (iii) Top in two arm lever on hands of Base. (iv) Tuck/pike front salto dismount.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base standing, Top in two arm lever on hands of Base or on head. (ii) Top stands in bent arm support of the Base. Base standing. (iii) Base pitches the Top for a straight jump dismount.	Two pairs simultaneously or in immediate succession perform the same or different skills. (i) Base lying, Top in stand in long arm of Base. (ii) Base lying, Top handstands on bent arm support of Base. (iii) Base pitches the Top to catch in hands of Base.
	Two Tops in immediate succession perform the same skill. Base 1 and Base 2 throw Top for a straight jump dismount from platform.	From 3-man platform Top is pitched for a straight jump dismount.	From 3-man platform, Top in straight jump to re-catch on platform.
	Two Tops in immediate succession perform the same skill. Top is thrown for a tuck back salto dismount by Base 1 and Base 2.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for a straight jump with 180° twist dismount.	Two Tops in immediate succession perform the same skill. From platform, Top is thrown for tuck back or forward salto dismount.
	(i) (ii) & (iii) Walkovers and Valdez can be performed either by passing through straight handstand (legs together) or through split handstand at the midpoint but both versions must show a 180° split of the legs. (vi) The 360° rotation should be finished before landing, which may be to back support or to sitting.	(v) Change of the legs should be with both legs moving and should occur at the height of the element. (vi) & (vii) The 1 arm walkover should be straight and controlled with the body square to the direction of travel.	(viii) & (ix) The foot must go through the arms rather than sliding to splits. (x) Jump to splits must show a clear 360° jump and the legs move simultaneously to splits. (xi) Valdez on 1 arm can be performed either by passing through straight handstand or through split handstand at the midpoint.
	(iv) In headstand, the weight should be distributed evenly between the hands and the front of the head. The line of the body and legs should be together, straight and vertical. (v) & (vi) Straddle lever and pike lever should have a straight back with the legs straight and heels lifted above horizontal.	(iv) Handstand must hold for a moment before the rotation begins and should finish before the exit phase. (v) The lifted leg should be straight and in line with the facing direction of the body.	(vi) Handstand should be held for a moment before the 360° rotation and held for a moment of stillness at the end of the rotation. (vii) Chest balance should be performed with forearms on the floor and not the hands, palms can be facing up or down. Legs should be straight and together from the hips to the ankles.
	(i) Handstand must hold for a moment following the roll. (ii) Flic may come from another element or from standing. (iii) Dive roll must show good flight and roll smoothly to finish. (iv), (v) & (vi) The tumble should be smooth and continuous without additional steps. Cartwheel can finish either sideways or with a ¼ turn.	(vii) Element should show flight and a controlled landing. (viii) Flic may come from another element or from standing. (ix) Element should show flight and a controlled landing. (x) The tumble should be smooth and continuous without additional steps.	(xi) (xii) (xiii) (xiv) (xv) & (xvi) All elements should show flight and a controlled landing. (xiii) In the Hecht dive roll an open (swallow) position must be shown in flight.












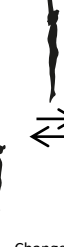













Grade 4 – Men's Groups			
	1	2	3
A			
			
	Two Pairs. i ii iii iv 	Two Pairs. i ii iii or 	Two Pairs. i ii iii 
	Two Tops perform the same skill. 		
	Two Tops perform the same skill. 	Two Tops perform the same skill. 180° 	Two Tops perform the same skill. 4/4 front or back salto 
	i Backward walkover ii Forward walkover iii Valdez iv Healy turn	v Change leg walkover vi One hand forward walkover vii One hand back walkover	viii Back walkover to any splits ix Forward elbow walkover to any splits x 360 jump to splits xi One hand valdez
Stand	i Headstand 2" ii Half lever 2" iii Straddle lever 2"	iv Handstand 180 turn v Wine glass 2"	vi Handstand 360 turn vii Chest balance 2"
Agility/ Tumble	i Backward roll to handstand ii Flic walkout iii Dive roll iv Round off, jump ½ turn, cartwheel v Round off, jump ½ turn round off vi handspring	vii Headspring to stand viii Flic to knee ix Fly spring x Round off, flic	xi Free cartwheel to knee/stand xii Headspring 180 turn to front support xiii Hecht jump roll xiv 2 handsprings xv Round off 2 flics xvi Handspring to one, round off flic

YOUTH – Men's Groups

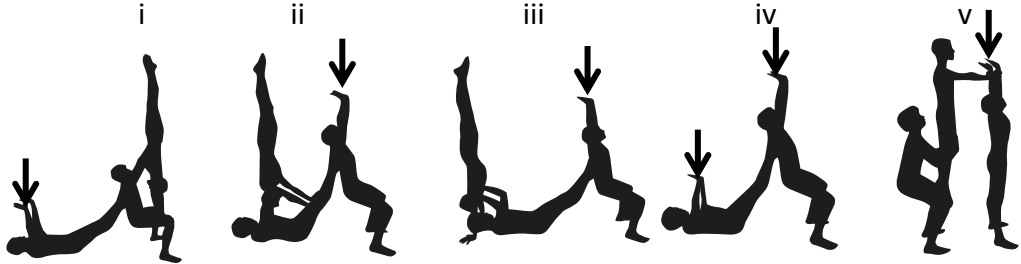
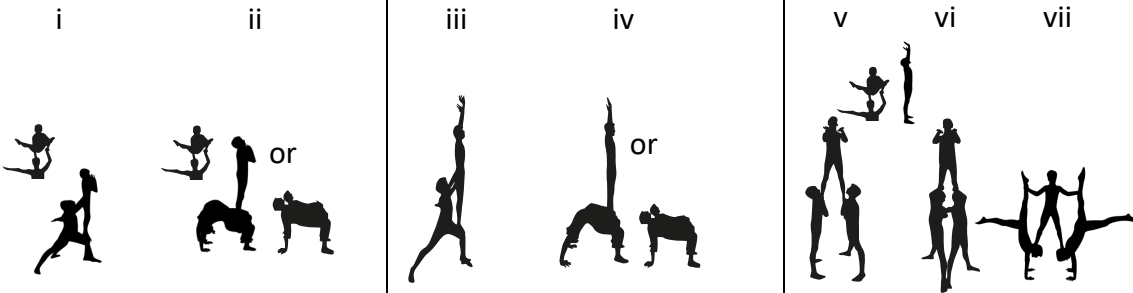
The Youth routine must contain:

- 1 pyramid from Rows (A-C) in the NDP9 table below.
- 2 dynamic elements from different Rows (D-G) in the NDP9 table below.
- 1 optional pyramid and 1 optional dynamic element selected from the FIG tables or from the NDP9 Youth tables below, provided they are taken from different Rows to the compulsory elements.
- 2 x 3" holds required.
- No handstand required.

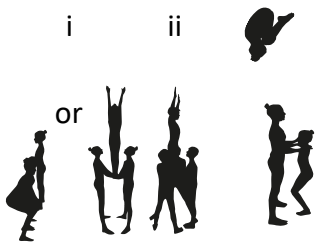


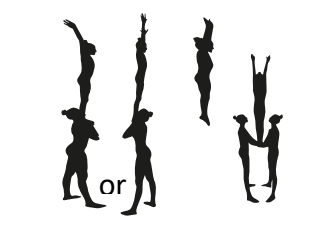
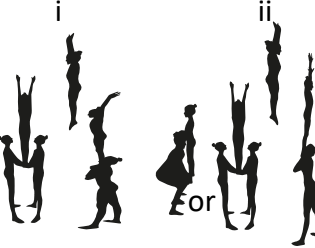
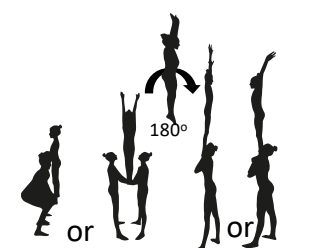

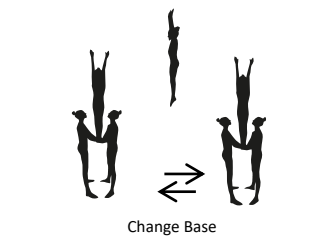
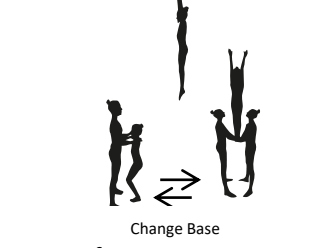
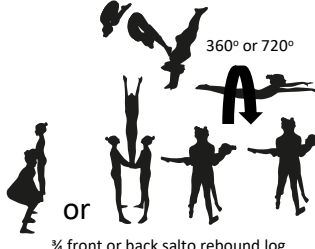
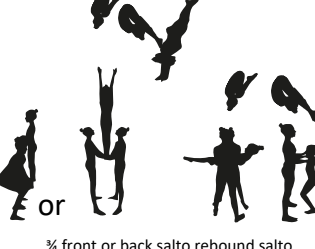
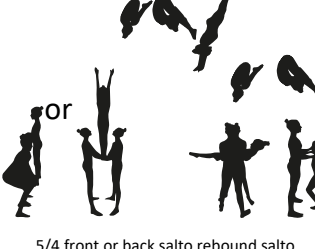

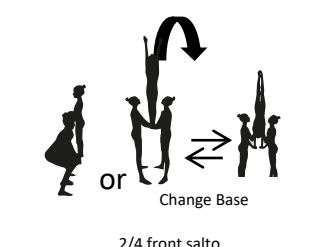
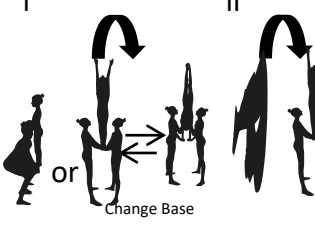
	0	1	2	3
YOUTH – Balance				
A				
				
				

YOUTH – Dynamic				
	0	1	2	3
A	i  ii  or 	 or  or 		 
	 or 	 Change Base 	i  ii  or  Change Base 2/4 back salto	
	 2/4 front salto	i  or  ii  Change Base 2/4 front salto	 Change Base 2/4 back salto	
		i  or  ii  Change Base 4/4 back salto 3/4 front/back salto		 or  Change Base 5/4 back salto 3/4 back salto
<p>Three individual elements MUST be performed. One must be an agility or a tumbling element from the NDP9 or FIG Tables of Difficulty. No Salto is required. Minimum difficulty 1 and maximum difficulty 12.</p>				

Grade 5 – Men’s Group Balance			
	3	4	5
A	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.
	One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases.	One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases.	One pyramid may be performed from the Base positions shown. All Top positions are on straight arms of the Base or Bases.
B			
C	(i) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of the Bases, one foot on each thigh. Top in short arm hold or head of 3rd man. (ii) Base 1 and Base 2 in bridge or back support, 3rd man standing freely on thighs of Bases, one foot on each Base. Top in short arm hold or head of 3rd man.	(iii) Base 1 and Base 2 lunge side by side 3rd man stands supported on thighs of the Bases, one foot on each thigh. Top in long arm hold of 3rd man. (iv) Base 1 and Base 2 in bridge or back support, 3rd man standing freely on thighs of Bases, one foot on each Base. Top in long arm hold of 3rd man.	(v) Base 1 and Base 2 stand facing each other and 3rd Man stands in hands of Base 1 and Base 2. Top in short arm hold, head or long arm hold of 3rd man. (vi) Base 1 and Base 2 stand side by side and 3rd man stands supported on shoulders of Base 1 and Base 2. Top in short arm hold, head or long arm hold of 3rd man. (vii) Base 1 and Base 2 in split handstand facing each other and 3rd man stands on neck of Base 1 and Base 2 holding their top leg. Top in hold on head of 3rd man.
	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.
D			
E	(i) Lever on arms or head. (ii) Crocodile head.	(iii) Handstand on short arm, head or long arm with additional support from another Base. (iv) Crocodile on long arms or one arm crocodile on head. (v) 2on1 lever.	(vi) Straddle up to handstand on long arm. (vii) Handstand on long arm. (viii) One arm handstand on arm or head. (ix) Planche
<p>Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 12 The individuals don’t need to be the same or from all three categories.</p>			

Grade 5 – Men's Groups Balance			
	3	4	5
A	As an alternative to one pyramid a single pair element may be selected from the Grade 5 Pairs Table provided it is performed by two pairs simultaneously or in immediate succession. The pair elements performed must be identical and will receive the same difficulty as in Grade 5 pairs although the difficulty is given for each pair.		
			
			
	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 4 values.	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 7 values.	Any Category 1,2, 3, 4, 5 and 6 balance from the FIG Tables of Difficulty. Total value of the Base and the Tops plus any motion is a MINIMUM of 10 values and a MAXIMUM of 16 values.
	Value 1 (i) Lever (ii) Crocodile on head	Value 2 (iii) Handstand short arm or additional support (iv) Crocodile on arms or one arm crocodile (v) 2on1 lever	Value 3 (vi) Straddle up (vii) Handstand long arm (viii) One arm handstand (ix) Planche
<p>Any three individual elements (static, flexibility, agility) MUST be included from the FIG Tables of Difficulty.</p> <p>Minimum difficulty 1 and maximum difficulty 12</p> <p>The individuals don't need to be the same or from all three categories.</p>			

Grade 5 – Men's Groups Dynamic			
	1	2	3
A	(i) From 2-man platform or pitch, Two Tops are thrown for tuck back salto dismount in immediate succession perform the same (ii) From 3-man platform, Top is thrown for tuck back salto dismount.	(i) From 2-man platform or pitch, Two Tops are thrown for pike back salto dismount in immediate succession perform the same (ii) From 3-man platform, Top is thrown for pike back salto dismount.	(i) From 2-man platform or pitch, Two Tops are thrown for straight back salto dismount in immediate succession perform the same (ii) From 3-man platform, Top is thrown for straight back salto dismount.
	From stand in hands of a single Base. Top is thrown for a straight jump forwards or backwards to catch on the platform of the other two Bases.	(i) From 2-man platform or pitch, Top in straight jump backwards to land in hands of other Base. (ii) From 2-man platform or pitch, Top in straight jump forwards to land in hands of other Base.	From 2-man platform or pitch, Top in straight jump backwards with half turn to land in hands of other Base.
	From 3-man platform Top is thrown for a straight jump to catch.	From 2-man platform Top is thrown for a straight jump to catch with a change Base.	From 2-man platform Top is thrown for a straight jump with half turn to catch with a change Base.
	From 2-man platform or pitch, Top is thrown for a 3/4 tuck, pike or straight front or back salto to catch in cradle rebound 360° or 720° log.	From 2-man platform or pitch, Top is thrown for a 3/4 tuck, pike or straight front or back salto to catch in cradle rebound 3/4 tuck or pike salto to floor.	From 2-man platform or pitch, Top is thrown for a 5/4 tuck, pike or straight back salto to catch in cradle rebound 3/4 tuck or pike salto to floor.
	3 partners working. From platform or pitch the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette) of free Base.	3 partners working. From platform or pitch the Top is thrown for a front 2/4 salto to catch in short arm handstand (courbette) with change Base.	(i) 3 partners working. From platform or pitch the Top is pitched for a back 2/4 salto to catch in short arm handstand (courbette) with change Base. (ii) From short arm hand to hand in either direction. Top is thrown for a front 2/4 back salto to catch on platform
Any three individual elements (tumbling) MUST be included from the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 12 The individuals don't need to be the same and no salto is required.			

Grade 5 – Men's Groups Dynamic			
	1	2	3
A	 <p>4/4 back salto</p>	 <p>4/4 back salto</p>	 <p>4/4 back salto</p>
	 <p>0/4 front/back salto</p>	 <p>0/4 back salto 0/4 front salto</p>	 <p>0/4 back salto</p>
	 <p>0/4 front/back salto</p>	 <p>Change Base 0/4 front/back salto</p>	 <p>Change Base 0/4 front/back salto</p>
	 <p>3/4 front or back salto rebound log</p>	 <p>3/4 front or back salto rebound salto</p>	 <p>5/4 front or back salto rebound salto</p>
	 <p>2/4 front salto</p>	 <p>Change Base 2/4 front salto</p>	 <p>Change Base 2/4 back salto</p>
<p>Any three individual elements (tumbling) MUST be included from the FIG Tables of Difficulty. Minimum difficulty 1 and maximum difficulty 12 The individuals don't need to be the same and no salto is required.</p>			

IDP1– Men’s Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements, IDP1 Balance routines must have as a minimum:

- 2 different categories of pyramid and up to a maximum of 4 pyramids.
- 3 x 3 second holds.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 60 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 80). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don’t need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP1 – Men's Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 12-18 rules also apply to IDP1.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP1 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 50 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 70). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2– Men’s Groups Balance

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements, IDP2 Balance routines must have as a minimum:

- 2 different categories of pyramid and up to a maximum of 4 pyramids.
- 3 x 3 second holds.
- 1 unsupported handstand by the Top.
- 3 individual elements from any category.

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 90 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 110). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

IDP2 – Men's Groups Dynamic

In addition to the General Rules and Special Requirements in the NDP9 Code of Points the FIG 13-19 rules also apply to IDP2.

All Group elements are to be taken from the FIG ToD.

SPECIAL REQUIREMENTS

For Special Requirements IDP2 Dynamic routines must have as a minimum:

- 6 elements and up to a maximum of 8 elements.
- 2 catches.
- 3 individual elements from any category (no salto required).

DIFFICULTY

- There is no minimum difficulty.
- Individual elements do not contribute towards difficulty.
- The maximum difficulty, calculated as the sum of all the elements performed is 80 values.

NOTE: Pairs may perform up to 20 values more than the maximum difficulty mark (i.e., 100). If the difficulty exceeds this value a penalty of 1.0 will be applied.

Three individual elements **MUST** be included from the FIG Tables of Difficulty.
They can be from any category, and they don't need to be the same.
Minimum difficulty 1 and maximum difficulty 12.

